

~	Monday	Tuesday	Wednesday	Thursday	Friday
	Vegetable soup	Lentil soup	Vegetable soup with chickpeas	Carrot and courgette cream	Spinach cream
	Salad with pear, toasted corn and	Kale salad with apple, turkey, red	Lentil salad with spinach, cherry	Salad with quinoa, beet, arugula and feta cheese with tahini and	Cabbage salad with apple and
	cheese	pepper and seeds with mustard	tomatoes, red pepper and lemon	orange dressing	
8-12	encese	and honey dressing	dressing		carrot
JANUARY	Rice with chicken, Chistorra			Turkey with teriyaki sauce and	Marinated loin with elbow pasta
WEEK 1	crumbs and vegetables	Tuna macaroni	Baked haddock with green mojo	couscous	
	Manada kin Basella	Manadable and and	and boiled potatoes	Couscous sauté with green beans,	Chickpea stew
	Vegetable Paella	Vegetable macaroni	Vegetable burger	mushrooms, cherry tomatoes and chickpeas	
			Fruit & Quark	cinckpeas	
	Star soup	Watercress soup with beans	Broccoli cream	Pumpkin cream	Vegetable cream
			Salad with watercress, tomato and		
	Mixed salad with tomato,	Salad with quinoa, peach, onion	soft cheese	Bean vinaigrette	Caesar salad with chicken, cherry
15-19	cucumber, onion, red and green	and seeds	Turkey with garlic and pilaf rice	Ham ravioli with cheese sauce	tomatoes, croutons and parmesan
JANUARY	pepper	Hake fritters with boiled potatoes	with raisins and carrots	nam ravion with theese sauce	Potato Tortilla
WEEK 2	Chicken meatballs with carrot	and mojo	Stuffed peppers	Vegetable ravioli	
	sauce and rice				Potato and courgette Tortilla
	Coincide as anthe lie with vice	Falafel with boiled potatoes	Fruit & Quark		
	Spinach meatballs with rice Noodle soup	Swiss chard soup with chickpeas	Vegetable cream	Corn broth	Carrot cream
		Swiss chard soup with chickpeas	Salad with beet, green sprouts,	combiotin	Carrot cream
	Lentil vinaigrette	Salad with apple, cheese and	sweet corn and seeds	Greek salad with cucumber, cherry	Seasoned tomatoes
22-26		raisins		tomato, black olives, feta cheese	
JANUARY	Rice with chicken sausages, French	Delemento Direttori	Thai-style chicken with coconut	and oregano dressing	Turkey stew
WEEK 3	omelette, peas and homemade tomato sauce	Bolognese Rigatoni	milk, red pepper and curry with couscous	Breaded salmon with mustard and	Bean stew with vegetables
VVLLK J		Lentil bolognese Rigatoni	Chickpea stew	dill sauce and mashed potatoes	bean stew with vegetables
	Vegetable rolls with rice				
			Fruit & Quark	Beet burger with rice	
	Alphabet soup	Vegetable soup with beans	Cauliflower cream	Watercress soup	Pumpkin cream
	Salad with peach, seeds and	Mixed salad with tomato, onion,	Rocket salad with Serrano ham, apple and parmesan	Cabbage salad with cheese, carrot	Salad with tangerine, cheese and
29 JANUARY	cheese	olives and tuna		and pineapple	seeds
			Breaded chicken with sautéed		
-2	Squid Rabas with boiled potatoes	Gnocchi Carbonara	carrots and mushrooms with	Beef stew	Tenderloin stuffed with ham and
FEBRUARY	and mojo	Veretekis Greenki	baked potatoes seasoned with	Lentil stew	cheese with sautéed baby carrots,
WEEK 4	Beans with curry and boiled	Vegetable Gnocchi	thyme and garlic Falafel with baked potatoes	Lentii Stew	pineapple sauce and rice
	potatoes		seasoned with thyme and garlic		Chickpeas with mushrooms
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			Fruit & Ouark		

		ALL	ERGEN	N LIST		WE	ЕК 1	8 th – 12 th JANUARY		8 th – 12 th JANUARY						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph	
8	Vegetable soup															
8	Salad with pear, toasted corn and cheese			Х			Х	Х			Х					
8	Rice with chicken, Chistorra crumbs and vegetables															
8	Vegetable Paella															
9	Lentil soup															
9	Kale salad with apple, turkey, red pepper and seeds with mustard and honey dressing						х		X		x					
9	Tuna macaroni	Х			X		Х				X					
9	Vegetable macaroni	Х					Х				X					
10	Vegetable soup with chickpeas															
10	Lentil salad with spinach, cherry tomatoes, red pepper and lemon dressing															
10	Baked haddock with green mojo and boiled potatoes				X											
10	Vegetable burger						X									
11	Carrot and courgette cream															
11	Salad with quinoa, beet, arugula and feta cheese with tahini and orange dressing							x	x							
11	Turkey with teriyaki sauce and couscous	Х					Х									
11	Couscous sauté with green beans, mushrooms, cherry tomatoes and chickpeas	х														
12	Spinach cream															
12	Cabbage salad with apple and carrot			Х			Х				Х					
12	Marinated loin with elbow pasta	Х						Х								
12	Chickpea stew															

		ALL	ERGEN	LIST		WEE	К 2	15 th – 19 th JANUARY							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
15	Star soup	Х					Х				Х				
15	Mixed salad with tomato, cucumber, onion, red and green pepper														
15	Chicken meatballs with carrot sauce and rice	Х						Х							
15	Spinach meatballs with rice						Х								
16	Watercress soup with beans														
16	Salad with quinoa, peach, onion and seeds								Х						
16	Hake fritters with boiled potatoes and mojo	Х			Х										
16	Falafel with boiled potatoes	Х													
17	Broccoli cream							x							
17	Salad with watercress, tomato and soft cheese							Х							
17	Turkey with garlic and pilaf rice with raisins and carrots								Х						
17	Stuffed peppers							Х							
18	Pumpkin cream														
18	Bean vinaigrette														
18	Ham ravioli with cheese sauce	Х		Х				х							
18	Vegetable ravioli	Х		Х				Х							
19	Vegetable cream														
19	Caesar salad with chicken, cherry tomatoes, croutons and parmesan	Х		Х	Х		Х	Х	Х		Х				
19	Potato Tortilla			Х											
19	Potato and courgette Tortilla			Х											

		ALLE	ERGEN	LIST		WEE	K 3	2	22 nd – 26 th JANUARY						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
22	Noodle soup	Х					Х				Х				
22	Lentil vinaigrette														
22	Rice with chicken sausages, French omelette, peas and homemade tomato sauce			х			Х								
22	Vegetable rolls with rice	Х													
23	Swiss chard soup with chickpeas														
23	Salad with apple, cheese and raisins						Х	Х	Х		X				
23	Bolognese Rigatoni	Х					Х				Х				
23	Lentil bolognese Rigatoni	Х					Х				Х				
24	Vegetable cream														
24	Salad with beet, green sprouts, sweet corn and seeds						Х		Х						
24	Thai-style chicken with coconut milk, red pepper and curry with couscous	Х					х								
24	Chickpea stew														
25	Corn broth			Х											
25	Greek salad with cucumber, cherry tomato, black olives, feta cheese and oregano dressing							Х							
25	Breaded salmon with mustard and dill sauce and mashed potatoes	Х			Х		Х				X				
25	Beet burger with rice						Х								
26	Carrot cream														
26	Seasoned tomatoes														
26	Turkey stew														
26	Bean stew with vegetables														

		ALLE	RGEN	LIST		WEEI	< 4	29	9 th JAN	JARY -	- 2 nd FE	BRUA	RY		
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
29	Alphabet soup	Х					Х				Х				
29	Salad with peach, seeds and cheese							Х	Х						
29	Squid Rabas with boiled potatoes and mojo	Х	Х	Х	Х		Х	Х						Х	Х
29	Beans with curry and boiled potatoes														
30	Vegetable soup with beans														
30	Mixed salad with tomato, onion, olives and tuna				Х										
30	Gnocchi Carbonara	Х						X							
30	Vegetable Gnocchi	Х													
31	Cauliflower cream							Х							
31	Rocket salad with Serrano ham, apple and parmesan						Х	Х			X				
31	Breaded chicken with sautéed carrots and mushrooms with baked potatoes seasoned with thyme and garlic	Х													
31	Falafel with baked potatoes seasoned with thyme and garlic	Х													
1	Watercress soup														
1	Cabbage salad with cheese, carrot and pineapple			Х				Х							
1	Beef stew														
1	Lentil stew														
2	Pumpkin cream														
2	Salad with tangerine, cheese and seeds							Х	Х						
2	Tenderloin stuffed with ham and cheese with sautéed baby carrots, pineapple sauce and rice							х							
2	Chickpeas with mushrooms														

	Cal. 725 Prot. 41,29 Hc.57	Cal. 1096 Prot. 59,7 Hc 155	Cal. 668 Prot. 41,6 Hc. 100	Cal. 1001 Prot. 71,58 Hc. 105	Cal. 801 Prot. 46,2 Hc. 108,2
WEEK 1	Gr. 30,1 Fibra 14,7	Gr. 24,9 Fibra 13	Gr. 20,1 Fibra 20,3	Gr. 33,41 Fibra 22	Gr. 17,5 Fibra 8,7
WEEK 2	Cal. 901 Prot. 36,9 Hc.109,9	Cal. 1378 Prot. 81 Hc.185	Cal. 632 Prot. 46,2 Hc. 51,5	Cal. 836 Prot. 33,6 Hc.132	Cal. 679 Prot. 33.97 Hc. 84.92
VVEEK 2	Gr. 35,5 Fibra 10	Gr. 42,5 Fibra 21	Gr. 17,5 Fibra 7,3	Gr. 16,4 Fibra 12,5	Gr. 22.65 Fibra 12.5
WEEK 3	Cal. 692 Prot. 42,81 Hc 72,1	Cal. 1016 Prot. 48,9 Hc 101,4	Cal. 1084 Prot. 65 Hc.145	Cal. 827 Prot. 32,2 Hc.95	Cal. 682.46 Prot. 34.12 Hc 85
	Gr. 24,38 Fibra 8,1	Gr. 39,5 Fibra 14,6	Gr. 29 Fibra 34,8	Gr. 36,4 Fibra 8,8	Gr. 22.75 Fibra 10.12
WEEK 4	Cal. 745 Prot. 28,6 Hc.110	Cal. 894 Prot. 44,3 Hc 105	Cal. 1284 Prot. 44 Hc.134	Cal. 1155 Prot. 65 Hc 120	Cal. 678.47 Prot. 33.92 Hc 84.81
	Gr. 22,7 Fibra 13,4	Gr. 33,58 Fibra 15	Gr. 64,6 Fibra 18	Gr. 48 Fibra 29	Gr. 22.62 Fibra. 10.62

*Vegetarian option in green

- Our daily menu includes stew, cream or soup as first course as well as a variety of salads and vegetables. All made with seasonal and local vegetables.
- All our sauces are homemade and elaborated with fresh vegetables.
- We offer whole wheat bread, seasonal fruit and a dairy product once a week, normally on Wednesdays.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to La Ley de Seguridad Alimentaria y Nutrición, established 5th July 2011.

Nutritional needs and calories supervised by:

