

	Monday	Tuesday	Wednesday	Thursday	Friday
	,	,	Vegetable soup with rice	Vegetable cream	Courgette and leek cream
5-7			Mixed salad with tomato, onion, cucumber and tuna	Bean vinaigrette  Marinated loin with rice	Salad with tangerine, spinach and 4 cheeses
MARCH WEEK 1	SCHOOL HOLIDAY	BANK HOLIDAY	Chicken croquettes with elbow pasta and homemade tomato sauce	Ratatouille with boiled egg	Baked bream fish with boiled potatoes and honey and mustard sauce
			Spinach croquettes		Falafel
			Fruit & yogurt		
	Star soup	Cauliflower cream	Potatoes, beans and noodles	Lentil soup	Chard and bean stew
10-14	Rocket salad with tomato, cucumber, soft cheese and carrot	Caesar salad with parmesan cheese, chicken and croutons	Seasoned tomatoes	Cabbage salad with apple and carrot	Lentil Ceviche with feta cheese, tomato, cucumber, piquillo
			Tenderloin with quince sauce and		pepper, parsley, thyme and
MARCH	Rice with chicken, bacon and	Haddock with boiled potatoes and	couscous	Ham Pizza	balsamic vinaigrette
WEEK 2	mushrooms	mojo	Stuffed peppers with rice and	Vegetable Pizza	Turkey stew
	Vegetable rice	Chickpea sauté	vegetables	Vegetable Pizza	Turkey Stew
	vegetable nee	Chickped state	vegetables		Pea stew
			Fruit & yogurt		
	Noodle soup	Vegetable stew	Watercress soup with beans	Pumpkin and carrot cream	FRANCE
17-21	Salad with toasted corn, cheese and pear	Salad with tomato, watercress and soft cheese	Caprese salad with mozzarella	Salad with spinach, cherry tomato, red pepper and lemon dressing	Leek Cream
	a p.s	55.75	Potato Tortilla	тем реррег ини теннен и сести	Lentil vinaigrette
MARCH	Chicken and spinach burger with	Fresh pasta ravioli stuffed with		Cuban-style rice with banana,	
WEEK 3	potatoes	ham with homemade tomato	<b>Vegan Potato Tortilla</b>	black beans and minced beef	Baked chicken with fine herbs and
		sauce			potatoes au gratín douphinois
	Beet burger	Manufalla in Ial	Fruit & yogurt	Rice with black beans	Barrer M.
	Doof source with money.	Vegetable ravioli	Busses II sussess	60	Beans with curry
	Beef soup with noodles	Chard cream with beans	Broccoli cream	Courgette cream	Pumpkin cream
	Salad with sweet corn, beet,	Greek salad with feta cheese,	Endive salad with apple, cheese	Seasoned tomatoes	Salad with avocado, green sprouts,
24-28	piquillo pepper and carrot	cherry tomato, black olives, red	and walnuts		sweet corn and piquillo peppers
MARCH		pepper and red onion		Chicken tikka masala with	
	Squid Rabas with potatoes and		Spaghetti with beef bolognese	couscous	Breaded loin with potatoes
WEEK 4	mojo	Turkey in lemon, mustard and	Wassishia Gasabati'	Bulled and the Makes	Colorado o calballa
	Lontil couté	honey sauce with rice	Vegetable Spaghetti	Baked pumpkin with beans and	Spinach meatballs
	Lentil sauté	Chickpea stew	Fruit & vogurt	broccoli	
			Fruit & yogurt		

		ALLERGEN LIST WEEK 1 5 <sup>th</sup> – 7 <sup>th</sup> MARCH			1										
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
5	Vegetable soup with rice														
5	Mixed salad with tomato, onion, cucumber and tuna				Х										
5	Chicken croquettes with elbow pasta and homemade tomato sauce	Х					Х	Х			Х				
5	Spinach croquettes	Х						Х							
6	Vegetable cream														
6	Bean vinaigrette														
6	Marinated loin with rice							Х							
6	Ratatouille with boiled egg			Х											
7	Courgette and leek cream							Х							
7	Salad with tangerine, spinach and 4 cheeses							Х							
7	Baked bream fish with boiled potatoes and honey and mustard sauce	Х		Х	Х						Х				
7	Falafel	Х													

	ALLERGEN			LIST	ST WEEK 2				10 <sup>th</sup> – 14 <sup>th</sup> March						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
10	Star soup	Х					Х				Х				
10	Rocket salad with tomato, cucumber, soft cheese and carrot							Х							
10	Rice with chicken, bacon and mushrooms														
10	Vegetable rice														
11	Cauliflower cream							Х							
11	Caesar salad with parmesan cheese, chicken and croutons	Х						Х							
11	Haddock with boiled potatoes and mojo	Х			Х										
11	Chickpea sauté														
12	Potatoes, beans and noodles	Х					Х				Х				
12	Seasoned tomatoes														
12	Tenderloin with quince sauce and couscous	Х													
12	Stuffed peppers with rice and vegetables							Х							
13	Lentil soup														
13	Cabbage salad with apple and carrot			Х			Х				Х				
13	Ham Pizza	Х						Х							
13	Vegetable Pizza	Х						Х							
14	Chard and bean stew														
14	Lentil Ceviche with feta cheese							Х							
14	Turkey stew														
14	Pea stew														

		ALLERGEN LIST				WEEK	<b>(</b> 3	1	17 <sup>th</sup> – 21 <sup>st</sup> MARCH						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
17	Noodle soup	Х					Х				Х				
17	Salad with toasted corn, cheese and pear			Χ			Х	Х	Х		Х				
17	Chicken and spinach burger with potatoes	Х						Х							
17	Beet burger						Х								
18	Vegetable stew														
18	Salad with tomato, watercress and soft cheese							Х							
18	Fresh pasta ravioli stuffed with ham with homemade tomato sauce	Х		Х				Х							
18	Vegetable ravioli	Х		Х				X							
19	Watercress soup with beans														
19	Caprese salad with mozzarella							Х							
19	Potato Tortilla			Х											
19	Vegan Potato Tortilla														
20	Pumpkin and carrot cream														
20	Salad with spinach, cherry tomato, red pepper and lemon dressing														
20	Cuban-style rice with banana, black beans and minced beef														
20	Rice with black beans														
21	Leek Cream							Х							
21	Lentil vinaigrette														
21	Chicken with mushrooms and potatoes							Х							
21	Beans with curry														

		ALLE	RGEN LI	GEN LIST WEEK 4			24 <sup>th</sup> - 28 <sup>th</sup> MARZO			24 <sup>th</sup> - 28 <sup>th</sup> MARZO					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
24	Beef soup with noodles	Х					Х				Х				
24	Salad with sweet corn, beet, piquillo pepper and carrot														
24	Squid Rabas with potatoes and mojo	Х	Х	Х	Х		Х	Х						Х	Х
24	Lentil sauté														
25	Chard cream with beans														
25	Greek salad with feta cheese, cherry tomato, black olives, red pepper and red onion							Х							
25	Turkey in lemon, mustard and honey sauce with rice														
25	Chickpea stew														
26	Broccoli cream							Х							
26	Endive salad with apple, cheese and walnuts							Х	Х						
26	Spaghetti with beef bolognese	Х					Х				Х				
26	Vegetable spaghetti	Х					Х				Х				
27	Courgette cream							Х							
27	Seasoned tomatoes														
27	Chicken tikka masala with couscous	Х						Х							
27	Baked pumpkin with beans and broccoli														
28	Pumpkin cream														
28	Salad with avocado, green sprouts, sweet corn and piquillo peppers						Х								
28	Breaded loin with potatoes	Х		Х											
28	Spinach meatballs						Х								

WEEK 1	SCHOOL HOLIDAY	BANK HOLIDAY	Cal. 941 Prot. 50,3 Hc. 112,3 Gr. 30,55 Fibra 5	Cal. 732 Prot. 56,99 Hc. 89,4 Gr. 14,5 Fibra 13,4	Cal. 716 Prot. 27 Hc. 87,5 Gr. 35,2 Fibra 13,4
WEEK 2	Cal. 457 Prot. 27,4 Hc. 57,5	Cal. 519 Prot. 37,48 Hc. 51,8	Cal. 692 Prot. 45,53 Hc. 67,27	Cal. 748 Prot. 39,1 Hc. 90,5	Cal. 592 Prot. 46,3 Hc. 63,4
	Gr. 13,15 Fibra 5	Gr. 17,71 Fibra 8,4	Gr. 26,20 Fibra 12,35	Gr. 26,5 Fibra 10,3	Gr. 18 Fibra 19,7
WEEK 3	Cal. 891 Prot. 28,6 Hc. 80	Cal. 750 Prot. 42,7 Hc. 82,9	Cal. 762 Prot. 56,23 Hc. 64,77	Cal. 744 Prot. 10 Hc. 88,57	Cal. 799 Prot. 39,3 Hc. 82,2
	Gr. 51,1 Fibra 10,4	Gr. 26,9 Fibra 5	Gr. 32,13 Fibra 5	Gr. 31,27 Fibra 10,6	Gr. 33,1 Fibra 14,4
WEEK 4	Cal. 582 Prot, 24 Hc. 84,3	Cal. 505 Prot. 42,8 Hc. 38,71	Cal. 417 Prot. 29,52 Hc. 30,72	Cal. 757 Prot. 38,77 Hc. 64,23	Cal. 623 Prot. 29,8 Hc. 74
	Gr. 16,1 Fibra 13,4	Gr. 19,7 Fibra 5,9	Gr. 20,22 Fibra 6	Gr. 38,18 Fibra 7,9	Gr. 21,2 Fibra 8,4

## \*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.
- Menus are adapted to our student's food allergies, we always try to elaborate same menu without the allergen, unless the allergy is to the mail component of the dish in which case and alternative dish is offered.
- 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 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

