



	Monday	Tuesday	Wednesday	Thursday	Friday
6-10 MARCH WEEK 1	Beef soup with noodles Salad with sweetcorn, beet, olives and carrot Baked chicken with diced potatoes Sauteed lentils	Pumpkin cream Cabbage salad with ham, cheese and pineapple Bolognese macaroni Vegetable macaroni	Watercress soup with beans Mixed salad with tomato, onion, cucumber and tuna Turkey with pineapple sauce and rice Beet burger Fruit & Quark	Vegetable cream Bean vinaigrette Loin with orange sauce and couscous Spinach meatballs	Corn broth Salad with tangerine, cucumber, spinach and beet Breaded salmon with boiled potatoes and dill and lemon sauce Cauliflower, peas, potatoes and egg
	Kcal: 1046.73 Prot: 52.34 H.C.: 130.84 Lip: 34.88 Fibra: 14.86	Kcal: 631 Prot: 31.55 H.C.: 78.88 Lip: 21.03 Fibra: 18.86	Kcal: 974.43 Prot: 48.78 H.C.: 121.8 Lip: 32.48 Fibra: 12.86	Kcal: 682.9 Prot: 34.15 H.C.: 85.36 Lip: 32.48 Fibra: 21	Kcal: 841 Prot: 42.05 H.C.: 85.36 Lip: 22.75 Fibra: 12.85
13-17 MARCH WEEK 2	Vegetable soup Salad with red cabbage, green pepper, red pepper, cucumber and carrot Rice with chicken and carrots Rice with vegetables	Swiss chard soup with beans Caesar salad with parmesan, chicken and croutons Hake with boiled potatoes and mojo Falafel	Cauliflower cream Salad with tomato, cucumber, olives and sweetcorn Turkey stew with rice Lentil stew Fruit & Quark	Potatoes, beans and noodles Seasoned tomatoes Tenderloin with apple sauce and couscous Ratatouille with chickpeas	Lentil soup Cabbage salad with apple and carrot Tuna lasagna Vegetable lasagna
	Kcal: 654.63 Prot: 32.73 H.C.: 81.83 Lip: 21.82 Fibra: 13.25	Kcal: 716.26 Prot: 35.81 H.C.: 89.53 Lip: 23.88 Fibra: 17.6	Kcal: 759.15 Prot: 35.81 H.C.: 94.89 Lip: 25.31 Fibra: 9.8	Kcal: 948.13 Prot: 47.41 H.C.: 118.52 Lip: 31.6 Fibra: 16.74	Kcal: 898.58 Prot: 44.93 H.C.: 112.32 Lip: 29.95 Fibra: 21
20-24 MARCH WEEK 3	Fish soup Salad with toasted corn, cheese and pear Neapolitan macaroni Vegetable macaroni	Broccoli cream Salad with beet, sweetcorn, asparagus and piquillo peppers Marinated loin with potatoes Beet burger with potatoes	Watercress soup with beans Salad with cheese, quinoa, yellow pepper and tomato Haddock with lemon sauce and rice Stuffed courgettes Fruit & Quark	Pumpkin and carrot cream Tropical salad with peach, red onion, red pepper and green pepper Chicken croquettes with elbow pasta Falafel	FRANCE Leek cream Lentil vinaigrette Baked chicken with herbs and potato gratin Curry beans Vanilla creme caramel
	Kcal: 778.94 Prot: 38.95 H.C.: 97.37 Lip: 25.96 Fibra: 8.7	Kcal: 815.23 Prot: 40.76 H.C.: 101.9 Lip: 27.17 Fibra: 11.41	Kcal: 848.59 Prot: 42.43 H.C.: 106.07 Lip: 28.29 Fibra: 10.92	Kcal: 732.48 Prot: 36.62 H.C.: 91.56 Lip: 24.42 Fibra: 10.44	Kcal: 1014.72 Prot: 50.74 H.C.: 126.84 Lip: 33.82 Fibra: 8.7
27-31 MARCH WEEK 4	Star soup Salad with carrot, cucumber, sweetcorn and beet Rice with chicken sausages and sauce Stuffed peppers with rice and vegetables	Swiss chard cream with beans Greek salad with feta cheese, cherry tomatoes, black olives, red pepper and red onion Baked haddock with boiled potatoes Chickpea stew	Vegetable soup Salad with tomato, watercress and soft cheese Fresh pasta ravioli with ham and homemade tomato sauce Vegetable ravioli Fruit & Quark	Courgette cream Seasoned tomatoes Chicken with mushroom sauce and couscous Baked pumpkin with beans and broccoli	Pumpkin cream Salad with avocado, green sprouts, sweetcorn and piquillo peppers Breaded tenderloin with potatoes Spinach meatballs
	Kcal: 757.54 Prot: 36.88 H.C.: 92.19 Lip: 24.58 Fibra: 8.7	Kcal: 788.63 Prot: 36.83 H.C.: 98.58 Lip: 23.88 Fibra: 19.71	Kcal: 838.85 Prot: 41.94 H.C.: 104.86 Lip: 27.96 Fibra: 14.53	Kcal: 713.37 Prot: 35.67 H.C.: 89.17 Lip: 23.8 Fibra: 7.69	Kcal: 927.46 Prot: 46.37 H.C.: 115.93 Lip: 30.92 Fibra: 9.30

ALLERGEN LIST

WEEK 2

13th – 17th MARCH

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Vegetable soup	X													
13	Salad with red cabbage, green pepper, red pepper, cucumber and carrot														
13	Rice with chicken and carrots														
13	Rice with vegetables														
14	Potaje de acelgas con judías														
14	Caesar salad with parmesan, chicken and croutons	X		X			X	X			X				
14	Hake with boiled potatoes and mojo	X			X										
14	Falafel	X					X								
15	Cauliflower cream							X							
15	Salad with tomato, cucumber, olives and sweetcorn														
15	Turkey stew with rice														
15	Lentil stew	X													
16	Potatoes, beans and noodles	X					X				X				
16	Seasoned tomatoes														
16	Tenderloin with apple sauce and couscous	X													
16	Ratatouille with chickpeas														
17	Lentil soup	X													
17	Cabbage salad with apple and carrot			X							X				
17	Tuna lasagna	X			X		X	X				X			
17	Vegetable lasagna	X					X	X				X			

ALLERGEN LIST

WEEK 3

20th – 24th MARCH

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Fish soup				X										
20	Salad with toasted corn, cheese and pear						X	X	X		X				
20	Neapolitan macaroni	X					X				X				
20	Vegetable macaroni	X					X				X				
21	Broccoli cream							X							
21	Salad with beet, sweetcorn, asparagus and piquillo peppers														
21	Marinated loin with potatoes							X							
21	Beet burger with potatoes						X								
22	Watercress soup with beans														
22	Salad with cheese, quinoa, yellow pepper and tomato							X							
22	Haddock with lemon sauce and rice				X										
22	Stuffed courgettes							X							
23	Pumpkin and carrot cream														
23	Tropical salad with peach, red onion, red pepper and green pepper														
23	Chicken croquettes with elbow pasta	X						X							
23	Falafel	X					X								
24	Leek cream							X							
24	Lentil vinaigrette	X													
24	Baked chicken with herbs and potato gratin							X							
24	Curry beans														
24	Vanila creme caramel			X				X							

***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:

Cristina Belver
Diplomada en Dietética y Nutrición

