



	Monday	Tuesday	Wednesday	Thursday	Friday
5-7 MARCH WEEK 1	SCHOOL HOLIDAY	BANK HOLIDAY	Vegetable soup with rice  Mixed salad with tomato, onion, cucumber and tuna  Chicken croquettes with elbow pasta and homemade tomato sauce  Spinach croquettes  Fruit & yogurt	Vegetable cream  Bean vinaigrette  Marinated loin with rice  Ratatouille with boiled egg	Courgette and leek cream  Salad with tangerine, spinach and 4 cheeses  Baked bream fish with boiled potatoes and honey and mustard sauce  Falafel
10-14 MARCH WEEK 2	Star soup  Rocket salad with tomato, cucumber, soft cheese and carrot  Rice with chicken, bacon and mushrooms  Vegetable rice	Cauliflower cream  Caesar salad with parmesan cheese, chicken and croutons  Haddock with boiled potatoes and mojo  Chickpea sauté	Potatoes, beans and noodles  Seasoned tomatoes  Tenderloin with quince sauce and couscous  Stuffed peppers with rice and vegetables  Fruit & yogurt	Lentil soup  Cabbage salad with apple and carrot  Ham Pizza  Vegetable Pizza	Chard and bean stew  Lentil Ceviche with feta cheese, tomato, cucumber, piquillo pepper, parsley, thyme and balsamic vinaigrette  Turkey stew  Pea stew
17-21 MARCH WEEK 3	Noodle soup  Salad with toasted corn, cheese and pear  Chicken and spinach burger with potatoes  Beet burger	Vegetable stew  Salad with tomato, watercress and soft cheese  Fresh pasta ravioli stuffed with ham with homemade tomato sauce  Vegetable ravioli	Watercress soup with beans  Caprese salad with mozzarella  Potato Tortilla  Vegan Potato Tortilla  Fruit & yogurt	Pumpkin and carrot cream  Salad with spinach, cherry tomato, red pepper and lemon dressing  Cuban-style rice with banana, black beans and minced beef  Rice with black beans	FRANCE  Leek Cream  Lentil vinaigrette  Baked chicken with fine herbs and potatoes au gratin douchinois  Beans with curry
24-28 MARCH WEEK 4	Beef soup with noodles  Salad with sweet corn, beet, piquillo pepper and carrot  Squid Rabas with potatoes and mojo  Lentil sauté	Chard cream with beans  Greek salad with feta cheese, cherry tomato, black olives, red pepper and red onion  Turkey in lemon, mustard and honey sauce with rice  Chickpea stew	Broccoli cream  Endive salad with apple, cheese and walnuts  Spaghetti with beef bolognese  Vegetable Spaghetti  Fruit & yogurt	Courgette cream  Seasoned tomatoes  Chicken tikka masala with couscous  Baked pumpkin with beans and broccoli	Pumpkin cream  Salad with avocado, green sprouts, sweet corn and piquillo peppers  Breaded loin with potatoes  Spinach meatballs

[illegible]

[illegible]

[illegible]

ALLERGEN LIST                      WEEK 4                      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	X					X				X				
24	Salad with sweet corn, beet, piquillo pepper and carrot														
24	Squid Rabas with potatoes and mojo	X	X	X	X		X	X						X	X
24	Lentil sauté														
25	Chard cream with beans														
25	Greek salad with feta cheese, cherry tomato, black olives, red pepper and red onion							X							
25	Turkey in lemon, mustard and honey sauce with rice														
25	Chickpea stew														
26	Broccoli cream							X							
26	Endive salad with apple, cheese and walnuts							X	X						
26	Spaghetti with beef bolognese	X					X				X				
26	Vegetable spaghetti	X					X				X				
27	Courgette cream							X							
27	Seasoned tomatoes														
27	Chicken tikka masala with couscous	X						X							
27	Baked pumpkin with beans and broccoli														
28	Pumpkin cream														
28	Salad with avocado, green sprouts, sweet corn and piquillo peppers						X								
28	Breaded loin with potatoes	X		X											
28	Spinach meatballs						X								

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 Gr. 13,15 Fibra 5	Cal. 519 Prot. 37,48 Hc. 51,8 Gr. 17,71 Fibra 8,4	Cal. 692 Prot. 45,53 Hc. 67,27 Gr. 26,20 Fibra 12,35	Cal. 748 Prot. 39,1 Hc. 90,5 Gr. 26,5 Fibra 10,3	Cal. 592 Prot. 46,3 Hc. 63,4 Gr. 18 Fibra 19,7
WEEK 3	Cal. 891 Prot. 28,6 Hc. 80 Gr. 51,1 Fibra 10,4	Cal. 750 Prot. 42,7 Hc. 82,9 Gr. 26,9 Fibra 5	Cal. 762 Prot. 56,23 Hc. 64,77 Gr. 32,13 Fibra 5	Cal. 744 Prot. 10 Hc. 88,57 Gr. 31,27 Fibra 10,6	Cal. 799 Prot. 39,3 Hc. 82,2 Gr. 33,1 Fibra 14,4
WEEK 4	Cal. 582 Prot, 24 Hc. 84,3 Gr. 16,1 Fibra 13,4	Cal. 505 Prot. 42,8 Hc. 38,71 Gr. 19,7 Fibra 5,9	Cal. 417 Prot. 29,52 Hc. 30,72 Gr. 20,22 Fibra 6	Cal. 757 Prot. 38,77 Hc. 64,23 Gr. 38,18 Fibra 7,9	Cal. 623 Prot. 29,8 Hc. 74 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 main component of the dish in which case an 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:

