



	Monday	Tuesday	Wednesday	Thursday	Friday
5-9 MAY WEEK 1	Noodle soup Salad with chickpeas, red pepper, cucumber and tomato Fish fritters with boiled potatoes Falafel with boiled potatoes	Vegetable cream Cabbage salad with pineapple, turkey and carrot Carbonara spaghetti Vegetable spaghetti	Courgette and broccoli cream Salad with pear, toasted corn and cheese Beef, pork loin and vegetable paella Vegetable paella Fruit & yogurt	Watercress stew with beans Greek salad with feta cheese, red pepper, green pepper and cucumber with yogurt dressing Chicken curry with couscous Stuffed courgettes	Pumpkin cream Seasoned tomatoes Potato Tortilla Vegan potato Tortilla
12-16 MAY WEEK 2	Beef soup Salad with beet, green sprouts, sweet corn and cucumber Baked chicken with caramelised onion and rice Lentil stew	Pumpkin cream Salad with tomato, tuna and red pepper Ham ravioli with homemade tomato sauce Spinach ravioli	Lentil soup Bean vinaigrette Grilled turkey with potatoes Spinach meatballs with potatoes Fruit & yogurt	Chard and bean stew Salad with lamb's lettuce, soft cheese and tomato Baked bream fish in dill and lemon sauce with rice Vegetable gyozas	Carrot and leek cream Salad with escarole, cheese, apple and walnuts Pork tenderloin with peppers and onion in soy and honey sauce with couscous Falafel
19-23 MAY WEEK 3	Vegetable soup with rice Salad with lamb's lettuce seeds, asparagus and tomato Tuna macaroni Vegetable macaroni	Broccoli cream Lentil vinaigrette Haddock and vegetable Paella Vegetable paella	Corn broth Salad with bacon, sweet corn, cheese and croutons Ropa Vieja Vegetable Ropa Vieja Fruit & yogurt	Vegetable cream Salad with turkey, apple and raisins Chicken with pineapple sauce and rice Beans with curry and rice	Beans, potatoes, and noodles Cabbage salad with carrot, cherry tomato and beet Tenderloin with homemade sauce and potatoes Sauteed lentils
26-29 MAY WEEK 4	Chicken soup Salad with peach, sweet corn, red onion and seeds Squid Rabas with potatoes and mojo Beet burger with boiled potatoes	Vegetable stew Seasoned tomatoes Elbow pasta with beef bolognese Elbow pasta with vegetables Fruit & yogurt	Watercress stew with beans Salad with chickpeas, red pepper, boiled egg and beet Chicken parmesan with rice Stuffed peppers	DIA DE CANARIAS Rancho canario Salad with watercress, onion, tomato, cucumber, red pepper, olives and tuna Pella de gofio, papas arrugadas and mojo with marinated pork Vegetable Ropa Vieja with papas arrugadas and mojo Vanilla custard	BANK HOLIDAY

[illegible]

[illegible]

[illegible]

[illegible]

WEEK 1	Cal. 670 Prot. 23,35 Hc. 93,44 Gr. 23,98 Fibra 7,6	Cal. 879 Prot. 52,6 Hc. 125,6 Gr. 18,5 Fibra 8	Cal. 888 Prot. 60,7 Hc. 74,71 Gr. 37,9 Fibra 9	Cal. 1092 Prot. 72,62 Hc. 102,8 Gr. 44,8 Fibra 14,1	Cal. 387 Prot. 9,71 Hc. 26,88 Gr. 27,21 Fibra 4,1
WEEK 2	Cal. 670 Prot. 43,3 Hc. 80,3 Gr. 21,09 Fibra 9,7	Cal. 438 Prot. 13,8 Hc. 65 Gr. 11,1 Fibra 4,6	Cal. 1078 Prot. 72,4 Hc. 107,7 Gr. 36,6 Fibra 12,8	Cal. 783 Prot. 50,09 Hc. 87,3 Gr. 26 Fibra 5,6	Cal. 589 Prot. 31,02 Hc. 45,6 Gr. 32 Fibra 16,8
WEEK 3	Cal. 367 Prot. 15,5 Hc. 53,9 Gr. 9,4 fibra 15,1	Cal. 554 Prot. 34 Hc. 66 Gr. 15,7 Fibra 14	Cal. 533 Prot. 32,3 Hc. 42,1 Gr. 27,18 Fibra 10,2	Cal. 630 Prot. 45,69 Hc. 59,4 Gr. 22,1 Fibra 6	Cal. 815 Prot. 52,7 Hc. 89,4 Gr. 27,5 Fibra 8,8
WEEK 4	Cal. 663 Prot. 28,3 Hc. 75,3 Gr. 27,9 Fibra 11,4	Cal. 482 Prot. 15,4 Hc. 36,3 Gr. 30,1 Fibra 4,1	Cal. 1002 Prot. 50,34 Hc. 105 Gr. 42,88 Fibra 9,5	Cal. 741 Prot. 29,03 Hc. 79,75 Gr. 36,05 Fibra 9,1	BANK HOLIDAY

***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 5th July 2011.

Nutritional needs and calories supervised by:

