

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

		ALL	ERGEN	I LIST		WEE	K 1		5 th – 9 th	¹ MAY					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
5	Noodle soup	Х					Х				Х				
5	Salad with chickpeas, red pepper, cucumber and tomato														
5	Fish fritters with boiled potatoes and mojo	Х			Х										
5	Falafel with boiled potatoes	Х													
6	Vegetable cream														
6	Cabbage salad with pineapple, turkey and carrot			Х											
6	Carbonara spaghetti	Х					Х	Х			Х				
6	Vegetable spaghetti	Х					Х				Х				
7	Courgette and broccoli cream							Х							
7	Salad with pear, toasted corn and cheese							Х	Х						
7	Beef, pork loin and vegetable paella														
7	Vegetable paella														
8	Watercress stew with beans														
8	Greek salad with feta cheese, red pepper, green pepper and cucumber							Х							
8	Chicken curry with couscous	Х					Χ								
8	Stuffed courgettes							Х							
9	Pumpkin cream														
9	Seasoned tomatoes														
9	Potato Tortilla			Х											
9	Vegan Potato Tortilla														

			ALLERGEN LIST			W	WEEK 2			12 th – 16 th MAY					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
12	Beef soup	Х					Х				Х				
12	Salad with beet, green sprouts, sweet corn and cucumber														
12	Baked chicken with caramelised onion and rice														
12	Lentil stew														
13	Pumpkin cream														
13	Salad with tomato, tuna and red pepper				Х										
13	Ham ravioli with homemade tomato sauce	Х		Х				Х							
13	Spinach ravioli	Х		Х				Х							
14	Lentil soup														
14	Bean vinaigrette														
14	Grilled turkey with potatoes														
14	Spinach meatballs with potatoes						Х								
15	Chard and bean stew														
15	Salad with lamb's lettuce, soft cheese and tomato							Х							
15	Baked bream fish in dill and lemon sauce with rice				Х										
15	Vegetable gyozas	Х					Х								
16	Carrot and leek cream														
16	Salad with escarole, cheese, apple and walnuts							Х	Х						
16	Pork tenderloin with peppers and onion in soy and honey sauce	Х					Х								
16	Falafel	Х													

		ALL	ERGEN	GEN LIST WEEK 3 19 th – 23 rd MAY				19 th – 23 rd MAY							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
19	Vegetable soup with rice														
19	Salad with lamb's lettuce seeds, asparagus and tomato								Х						
19	Tuna macaroni	Х			Х		Х				Х				
19	Vegetable macaroni	Х					Х				Х				
20	Broccoli cream							Х							
20	Lentil vinaigrette														
20	Haddock and vegetable Paella				Х										
20	Vegetable Paella														
21	Corn broth			Х											
21	Salad with bacon, sweet corn, cheese and croutons	Х						Х							
21	Ropa Vieja														
21	Vegetable Ropa Vieja														
22	Vegetable cream														
22	Salad with turkey, apple and raisins								Х						
22	Chicken with pineapple sauce and rice	Х						Х							
22	Beans with curry and rice														
23	Beans, potatoes, and noodles	Х					Х				Х				
23	Cabbage salad with carrot, cherry tomato and beet														
23	Tenderloin with homemade sauce and potatoes	Х		Х				Х							
23	Sauteed lentils														

			ALLERGEN LIST			WEEK 4			26 th – 29 th MAY						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
26	Chicken soup	Х					Х				Х				
26	Salad with peach, sweet corn, red onion and seeds								Х						
26	Squid Rabas with potatoes and mojo	Х	Х	Х	Х		Х	Х						Х	Х
26	Beet burger with boiled potatoes														
27	Vegetable stew														
27	Seasoned tomatoes														
27	Elbow pasta with beef bolognese	Х					Х				Х				
27	Elbow pasta with vegetables	Х					Х				Х				
28	Watercress stew with beans														
28	Salad with chickpeas, red pepper, boiled egg and beet			Х											
28	Chicken parmesan with rice							Х							
28	Stuffed peppers							Х							
29	Rancho canario	Х					Х				Х				
29	Salad with watercress, onion, tomato, cucumber, red pepper, olives and tuna				Х										
29	Pella de gofio, papas arrugadas and mojo with marinated pork														
29	Vegetable Ropa Vieja with papas arrugadas and mojo														
29	Vanilla custard							Х							

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
	GI. 25,96 FIDIA 7,0	G1. 10,5 FIDIA 6	G1. 57,9 FIDIA 9	GI. 44,6 FIDI a 14,1	G1. 27,21 FIDI d 4,1
WEEK 2	Cal. 670 Prot. 43,3 Hc. 80,3	Cal. 438 Prot. 13,8 Hc. 65	Cal. 1078 Prot. 72,4 Hc. 107,7	Cal. 783 Prot. 50,09 Hc. 87,3	Cal. 589 Prot. 31,02 Hc. 45,6
WEEK 2	Gr. 21,09 Fibra 9,7	Gr. 11,1 Fibra 4,6	Gr. 36,6 Fibra 12,8	Gr. 26 Fibra 5,6	Gr. 32 Fibra 16,8
MATERIA 2	Cal. 367 Prot. 15,5 Hc. 53,9	Cal. 554 Prot. 34 Hc. 66	Cal. 533 Prot. 32,3 Hc. 42,1	Cal. 630 Prot. 45,69 Hc. 59,4	Cal. 815 Prot. 52,7 Hc. 89,4
WEEK 3	Gr. 9,4 fibra 15,1	Gr. 15,7 Fibra 14	Gr. 27,18 Fibra 10,2	Gr. 22,1 Fibra 6	Gr. 27,5 Fibra 8,8
NA/EEL/ A	Cal. 663 Prot. 28,3 Hc. 75,3	Cal. 482 Prot. 15,4 Hc. 36,3	Cal. 1002 Prot. 50,34 Hc. 105	Cal. 741 Prot. 29,03 Hc. 79,75	BANK HOLIDAY
WEEK 4	Gr. 27,9 Fibra 11,4	Gr. 30,1 Fibra 4,1	Gr. 42,88 Fibra 9,5	Gr. 36,05 Fibra 9,1	BANKITOLIDAT

*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 5th July 2011.

Nutritional needs and calories supervised by:

