	Monday	Tuesday	Wednesday	Thursday	Friday
26-30 OCTOBER WEEK 1	Vegetable soup with chickpeas Macaroni Bolognese with béchamel and cheese Macaroni with soy bolognese	Chickpea and Swiss chard soup Baked stoker with boiled potatoes and mojo Beans with ratatouille and boiled potatoes	Chicken soup Marinated pork tenderloin dices with three-delight-rice Spinach with broccoli and chickpeas	Pumpkin cream Chicken croquettes with diced potatoes Quinoa with vegetables and beans	Staff Inset SCHOOL HOLIDAYS
	Kcal: 622,11 Prot: 25 H.C.: 87,38 Lip: 16,75 Fibra: 9,60	Kcal: 792,21 Prot: 32,69 H.C.:67,93 Lip:35.98 Fibra: 9.85	Kcal: 974,49 Prot: 42,99 H.C.: 91,34 Lip:45,2 Fibra: 11,98	Kcal: 683,63 Prot:15,95 H.C.:72,33 Lip:33,6 Fibra: 14,58	
2-6 NOVEMBER	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
9-13 NOVEMBER WEEK 2	Courgette cream Tuna macaroni Vegetable macaroni	Vegetable soup Fish fritters with boiled potatoes Sauteed lentils with baby carrots	Potatoes, beans and noodles Baked chicken breast with ham, cheese and homemade tomato sauce with baby carrots and cuscus Vegetable burger with cuscus	Watercress soup Pickled loin with potatoes Falafel	Broccoli cream Baked stoker with onion, homemade tomato sauce and rice Chickpea stew
	Kcal: 740.09 Prot: 25.84 H.C.: 108.6 Lip:20 Fibra: 12.67	Kcal:725.61 Prot: 32 H.C.: 78.1 Lip:27 Fibra: 9.56	Kcal:875.59 Prot: 34 H.C.: 95.24 Lip:36 Fibra: 21.76	Kcal: 740.09 Prot: 25.84 H.C.: 108.6 Lip:20 Fibra: 12.67	Kcal:617.18 Prot: 31 H.C.: 67 Lip: 25 Fibra:12.58
16-20 NOVEMBER WEEK 3	Vegetable cream Breaded mini chicken thighs with garlic pasta spirals Chickpea burger with apple, celery and seeds	Pumpkin and leek cream Baked stoker with lemon and sliced potatoes Baked tofu with lemon and sliced potatoes	Lentil soup Grilled chicken breast with cuscus Bean stew	Beef soup Breaded squid rabas with boiled potatoes and mojo Lentils with curry and broccoli	Swiss chard soup with beans Chicken meatballs with rice Baked pumpkin with chickpeas
	Kcal: 696 Prot:28 H.C.: 64 Lip:30 Fibra: 14.5	Kcal: 731.5 Prot:23 H.C.: 81.5 Lip:30 Fibra: 11	Kcal: 767.6 Prot: 25 H.C.: 95,6 Lip:25.5 Fibra: 15	Kcal: 819 Prot: 38 H.C.: 112,63 Lip:25.5 Fibra: 19	Kcal: 831 Prot: 30.7 H.C.: 103 Lip:27.3 Fibra:13.2
23-27 NOVEMBER WEEK 4	Chicken soup Stoker with green sauce and boiled potatoes Beans with curry	Vegetable soup with beans Chinese style lemon chicken with rice Lemon tofu	Pumpkin cream Macaroni with Neapolitan sauce Vegetable Macaroni	Spinach cream Baked pork tenderloin with potato gratin White beans burger	Pea cream Orange chicken thighs with cuscus Lentil sautéed with broccoli
	Kcal: 782 Prot: 23.3 H.C.: 80.5 Lip:36 Fibra: 13	Kcal: 717.2 Prot: 36H.C.: 80 Lip:25 Fibra: 18	Kcal: 532 Prot: 26.8 H.C.: 75 Lip:15.5 Fibra: 24	Kcal: 771 Prot: 36 H.C.: 84.5 Lip:28 Fibra: 15.6	Kcal: 695 Prot: 35 H.C.: 83 Lip: 27 Fibra: 21

Vegetarian options marked in green. **Menu served with water, bread, fruit and yoghurt. Cream or soup offered as first dish. Grilled dishes are also available without sauce.**

ALLERGEN LIST WEEK 1 26TH – 30TH OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
26	Vegetable soup with chickpeas														
26	Macaroni Bolognese with béchamel and cheese	X						X							
26	Macaroni with soy bolognese	X													
27	Chickpea and Swiss chard soup														
27	Baked stoker with boiled potatoes and mojo				X										
27	Beans with ratatouille and boiled potatoes														
28	Chicken soup	X													
28	Marinated pork tenderloin dices with three-delight-rice			X											
28	Spinach with broccoli and chickpeas														
29	Pumpkin cream														
29	Chicken croquettes with diced potatoes	X						X							
29	Quinoa with vegetables and beans														

ALLERGEN LIST WEEK 2 9TH – 13TH NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
9	Courgette cream							X							
9	Tuna macaroni	X			X										
9	Vegetable macaroni	X													
10	Vegetable soup														
10	Fish fritters with boiled potatoes	X			X										
10	Sautéed lentils with baby carrots														
11	Potatoes, beans and noodles	X													
11	Baked chicken breast with ham, cheese and homemade tomato sauce with baby carrots and cuscus	X						X							
11	Vegetable burger with cuscus	X													
12	Watercress soup														
12	Pickled loin with potatoes														
12	Falafel	X													
13	Broccoli cream							X							
13	Baked stoker with onion, homemade tomato sauce and rice				X										
13	Chickpea stew														

ALLERGEN LIST WEEK 3 16TH -20TH NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
16	Vegetable cream														
16	Breaded mini chicken thighs with garlic pasta spirals	X													
16	Chickpea burger with apple, celery and seeds														
17	Pumpkin and leek cream														
17	Baked stoker with lemon and sliced potatoes				X										
17	Baked tofu with lemon and sliced potatoes														
18	Lentil soup														
18	Grilled chicken breast with cuscus	X													
18	Bean stew														
19	Beef soup	X													
19	Breaded squid rabas with boiled potatoes and mojo	X												X	
19	Lentils with curry and broccoli														
20	Swiss chard soup with beans														
20	Chicken meatballs with rice	X													
20	Baked pumpkin with chickpeas														

ALLERGEN LIST WEEK 4 23TH – 27TH NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
23	Chicken soup	X													
23	Stoker with green sauce and boiled potatoes				X										
23	Beans with curry														
24	Vegetable soup with beans														
24	Chinese style lemon chicken with rice	X													
24	Lemon tofu														
25	Pumpkin cream														
25	Macaroni with Neapolitan sauce	X													
25	Vegetable Macaroni	X													
26	Spinach cream														
26	Baked pork tenderloin with potato gratin							X							
26	White beans burger														
27	Pea cream							X							
27	Orange chicken thighs with cuscus	X													
27	Lentil sautéed with broccoli														

- Menu is served with White/whole wheat bread and water.
- Seasonal fruit is offered for dessert.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to la ley de Seguridad Alimentaria y Nutrición, 5th July 2011.

Nutritional needs and calories done by:

Cristina Belver
Diplomada en Dietética y Nutrición

Cristina Belver
LICENCIADA EN NUTRICIÓN