



	Monday	Tuesday	Wednesday	Thursday	Friday
4-8 NOVEMBER WEEK 1	Star soup Salad with apple, cheese and raisins Chicken Cordon bleu with potatoes Stirred mixed vegetables	Watercress soup with soup Salad with piquillo pepper, sweet corn, onion, tomato and beet Ham ravioli with homemade tomato sauce Spinach ravioli	Vegetable stew with chickpeas Tomato tartar with cured ham Hake with green pepper sauce and couscous Falafel with couscous Quark & Fruit	Courgette cream Lentil vinaigrette Tenderloin with garlic and ginger glaze and diced potatoes Chickpea stew with potatoes	Pumpkin cream with curry, chickpeas and spinach Pasta salad with tomato, tuna, sweet corn, red pepper and onion Chicken with tropical sauce and rice Sauteed beans with rice
11-15 NOVEMBER WEEK 2	Noodle soup Salad with red onion, sweet corn, feta cheese, tomato and lamb's lettuce Squid Rabas with potatoes and mojo Falafel	Lentil soup Cabbage salad with turkey, pineapple and cheese Bolognese macaroni Vegetable macaroni	Swiss chard soup Seasoned tomatoes Chicken with apple sauce and couscous Spinach meatballs Quark & Fruit	Vegetable cream Salad with pear and toasted corn Paella with haddock and vegetables Vegetable Paella	Corn broth Salad with watercress, soft cheese, tomato and cucumber Turkey stew with vegetables and diced potatoes Lentil stew
18-22 NOVEMBER WEEK 3	Fish soup Mixed salad with tomato, cucumber, onion, sweet corn and tuna Chicken burger with potatoes and homemade tomato sauce Beans with curry	Cauliflower cream Caesar salad Salmon with dill and lemon sauce and rice Beet burger	Spinach soup Cabbage salad with apple Potato Tortilla Vegan Potato Tortilla Quark & Fruit	Carrot cream Salad with red pepper, green pepper, tomato and green sprouts Chicken Tetrizzini (with elbow pasta, bacon and mushrooms) Chickpeas with vegetables	Beans, potatoes and noodles Salad with peach, seeds and cheese Tenderloin with honey and mustard sauce and sautéed vegetables and couscous Peppers stuffed with rice and vegetables
25-29 NOVEMBER WEEK 4	Chicken soup with noodles Mix of lettuces with tomato, cucumber, olives and sweet corn Marinated loin with farfalle and homemade tomato sauce Lentil sauté	Pumpkin cream Salad with turkey, parsley and cheese Breaded hake with boiled potatoes and green mojo Ratatouille	Broccoli cream Salad with piquillo pepper, onion, cucumber, carrot and beet Pork with soy sauce, red and green pepper and rice Courgette with rice and vegetables Quark & Fruit	Swiss chard soup with beans Bean vinaigrette Tuna Rigatoni Vegetable Rigatoni	Vegetable cream Greek salad with feta cheese, red pepper, green pepper, onions and yoghurt dressing Breaded chicken with sautéed potatoes and vegetables Chickpea stew with potatoes

ALLERGEN LIST

WEEK 3

18th – 22nd NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Fish soup				X										
18	Mixed salad with tomato, cucumber, onion, sweet corn and tuna				X										
18	Chicken burger with potatoes and homemade tomato sauce	X						X							
18	Beans with curry														
19	Cauliflower cream							X							
19	Caesar salad	X		X			X	X			X				
19	Salmon with dill and lemon sauce and rice				X										
19	Beet burger						X								
20	Spinach soup														
20	Cabbage salad with apple						X								
20	Potato Tortilla	X													
20	Vegan Potato Tortilla														
21	Carrot cream														
21	Salad with red pepper, green pepper, tomato and green sprouts			X											
21	Chicken Tetrizzini (with elbow pasta, bacon and mushrooms)	X					X				X				
21	Chickpeas with vegetables														
22	Beans, potatoes and noodles	X													
22	Salad with peach, seeds and cheese							X	X						
22	Tenderloin with honey and mustard sauce and sautéed vegetables and couscous	X									X				
22	Peppers stuffed with rice and vegetables							X							


WEEK 1	Cal. 906 Prot. 31,52 Hc. 83 Gr. 50,9 Fibra 11	Cal. 740 Prot. 39,9 Hc. 100,4 Gr. 18,6 Fibra 7	Cal. 802 Prot. 55,7 Hc. 81,82 Gr. 29,28 Fibra 10,6	Cal. 685 Prot. 35,7 Hc. 69,41 Gr. 27,8 Fibra 17,8	Cal. 720 Prot. 37,35 Hc. 79,18 Gr. 26,73 Fibra 4,4
WEEK 2	Cal. 592 Prot. 26,8 Hc. 66,8 Gr. 24,4 fibra 11,4	Cal. 658 Prot. 44,1 Hc. 64,6 Gr. 21,5 Fibra 9,1	Cal. 1030 Prot. 72,88 Hc. 97,02 Gr. 39,88 Fibra 10,4	Cal. 650 Prot. 32 Hc. 67 Gr. 28 Fibra 5,6	Cal. 691 Prot. 28,6 Hc. 62,5 Gr. 37,5 Fibra 8,6
WEEK 3	Cal. 863 Prot. 39,63 Hc. 78,2 Gr. 42,98 Fibra 7,2	Cal. 490 Prot. 27,29 Hc. 57,7 Gr. 15,9 Fibra 4,6	Cal. 667 Prot. 45,73 Hc. 65,03 Gr. 23,68 Fibra 8	Cal. 745 Prot. 17,9 Hc. 93 Gr. 19,4 Fibra 5,6	Cal. 655 Prot. 43,4 Hc. 55,2 Gr. 27,9 Fibra 8
WEEK 4	Cal. 856 Prot. 35,8 Hc. 75,9 Gr. 35,9 Fibra 6,8	Cal. 601 Prot. 19,3 Hc. 96,2 Gr. 16,4 Fibra 10	Cal. 645 Prot. 30,52 Hc. 83,55 Gr. 19,85 Fibra 8,9	Cal. 777 Prot. 43,1 Hc. 104,4 Gr. 19,8 Fibra 13	Cal. 902 Prot. 30,7 Hc. 89,8 Gr. 48,4 Fibra 9,7

***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:

STUDIO
7FITNESS

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C/. Remedios Nº4