	Monday	Tuesday	Wednesday	Thursday	Friday
31 OCTOBER-4 NOVEMBER	SCHOOL HOLIDAYS	BANK HOLIDAY	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
7-11 NOVEMBER WEEK 1	Star soup Country salad with escarole, egg, tomato, tuna, beans and potato Meat pasties Vegetable rolls	Pumpkin cream with curry, chickpeas and spinach Salad with apple, cheese and raisins Chicken with tropical sauce and rice Bean stew with rice	Watercress soup with beans Seasoned tomatoes Chops with elbow pasta and homemade tomato sauce Beet burger Yogurt	Asparagus cream Lentil vinaigrette Riojana style haddock with couscous Chickpea stew with couscous	Noodles, beans and potatoes Salad with piquillo peppers, sweetcorn, onion, tomato, beet and asparagus Potato Tortilla Potato Tortilla with chickpea flour
	Cal. 570 Prot. 28.54 HC.71.35 Lip. 19.03 Fiber 8.16	Cal. 872.86 Prot.43.64 HC.109.11 Lip. 29.1 Fiber. 15.69	Cal. 1153 Prot. 57.68 HC144.21 Fibra Lip 29.33 Fiber 17.13	Cal. 880 Prot. 44 HC.110 Lip. 29.33 Fiber 22.57	Cal. 598.03 Prot.19.93 HC.74.75 Lip. 29.9 Fiber 10.62
14-18 NOVEMBER WEEK 2	Noodle soup Salad with chickpeas, sweetcorn, feta cheese, tomato and lamb's lettuce Squid rabas with boiled potatoes and mojo Falafel	Lentil soup Cabbage salad with turkey, pineapple and cheese Bolognese macaroni Vegetable macaroni	Carrot and broccoli cream Escalibada Chicken with apple sauce and couscous Spinach meatballs Yogurt	Vegetable soup with chickpeas Salad with pear and toasted corn Haddock and vegetable Paella Vegetable Paella	Corn broth Salad with watercress, soft cheese, tomato and cucumber Turkey stew with vegetables and dices potatoes Lentil stew
	Cal. 658.86 Prot. 34.29 HC.85.73 Lip. 22.86 Fiber. 8.26	Cal. 692.63 Prot. 34.63 HC.86.58 Lip. 23.09 Fiber. 15.34	Cal. 825.79 Prot. 41.29 HC.103.22 Lip. 27.53 Fiber 21.78	Cal. 685.86 Prot. 34.24 HC.85.73 Lip. 22.86 Fiber 8.2	Cal. 841.69 Prot. 42.08 HC.105.21 Lip. 28.06 Fiber 11.63
21-25 NOVEMBER WEEK 3	Fish soup Mixed salad with tomato, cucumber, olives and sweetcorn Rice with chicken sausages, French omelette and homemade tomato sauce Rice with black beans	Cauliflower cream Caesar salad Haddock marmitako with couscous Beet burger	Pumpkin cream Salad with piquillo peppers, onion, cucumber, carrot and beet Baked chicken with herbs and potatoes Chickpeas with vegetables Yogurt	Swiss chard soup with beans Cabbage salad with apple Tuna macaroni Vegetable macaroni	Vegetable cream Salad with peach, seeds and cheese Sirloin with carrot sauce and rice Peppers stuffed with rice and vegetables
	Cal. 907.87 Prot. 45.39 HC.113.48 Lip. 30.26 Fiber 11.63	Cal. 738 Prot. 36.6 HC.91.5 Lip. 24.64 Fiber 13	Cal. 732 Prot. 36.6HC.91.5 Lip. 24.4 Fiber 12.5	Cal. 617.61 Prot. 30.8 HC.77.2 Lip. 20.59 Fiber 7.7	Cal. 692.61 Prot. 34.63 HC.86.58 Lip. 23.09 Fiber 21.86

ALLERGEN LIST WEEK 1 7th – 11th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
7	Star soup	X													
7	Country salad with escarole, egg, tomato, tuna, beans and potato			X	X										
7	Meat pasties	X		X				X							
7	Vegetable rolls	X													
8	Pumpkin cream with curry, chickpeas and spinach														
8	Salad with apple, cheese and raisins			X				X			X				
8	Chicken with tropical sauce and rice														
8	Bean stew with rice														
9	Watercress soup with beans														
9	Seasoned tomatoes														
9	Chops with elbow pasta and homemade tomato sauce	X													
9	Beet burger														
10	Asparagus cream	X						X							
10	Lentil vinaigrette	X													
10	Riojana style haddock with couscous	X			X										
10	Chickpea stew with couscous	X													
11	Noodles, beans and potatoes	X													
11	Salad with piquillo peppers, sweetcorn, onion, tomato, beet and asparagus														
11	Potato Tortilla			X											
11	Potato Tortilla with chickpea flour														

ALLERGEN LIST WEEK 2 14th – 18th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
14	Noodle soup	X													
14	Salad with chickpeas, sweetcorn, feta cheese, tomato and lamb's lettuce							X							
14	Squid rabas with boiled potatoes and mojo	X	X	X	X			X						X	
14	Falafel	X													
15	Lentil soup	X													
15	Cabbage salad with turkey, pineapple and cheese			X				X			X				
15	Bolognese macaroni	X													
15	Vegetable macaroni	X													
16	Carrot and broccoli cream							X							
16	Escalibada				X										
16	Chicken with apple sauce and couscous	X													
16	Spinach meatballs						X								
17	Vegetable soup with chickpeas														
17	Salad with pear and toasted corn							X	X		X				
17	Haddock and vegetable Paella				X										
17	Vegetable Paella														
18	Corn broth			X											
18	Salad with watercress, soft cheese, tomato and cucumber							X							
18	Turkey stew with vegetables and dices potatoes														
18	Lentil stew	X													

ALLERGEN LIST WEEK 3 21st - 25th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
21	Fish soup				X										
21	Mixed salad with tomato, cucumber, olives and sweetcorn														
21	Rice with chicken sausages, French omelette and homemade tomato sauce			X											
21	Rice with black beans														
22	Cauliflower cream							X							
22	Caesar salad	X		X				X	X		X				
22	Haddock marmitako with couscous	X			X										
22	Beet burger														
23	Pumpkin cream														
23	Salad with piquillo peppers, onion, cucumber, carrot and beet														
23	Baked chicken with herbs and potatoes														
23	Chickpeas with vegetables														
24	Swiss chard soup with beans														
24	Cabbage salad with apple			X				X							
24	Tuna macaroni	X			X										
24	Vegetable macaroni	X													
25	Vegetable cream														
25	Salad with peach, seeds and cheese							X	X						
25	Sirloin with carrot sauce and rice														
25	Peppers stuffed with rice and vegetables														

- ***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.
- 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:

Cristina Belver
Diplomada en Dietética y Nutrición

Cristina Belver
LICENCIADA EN NUTRICIÓN