

~	Monday	Tuesday	Wednesday	Thursday	Friday
	Star soup	Cauliflower cream	Vegetable soup with beans	GREECE	Vichyssoise
	Cabbage salad with carrot and apple	White bean vinaigrette	Rocket salad with sprouts, cheese, mandarin and seeds	Chickpea cream Greek salad with cucumber, red onion,	Mixed salad with tomato, onion, carrot, beet and peppers
27 SEPTEMBER-	Cabbage salad with carrot and apple	willte bean villaigrette	mandariii and seeds	black olives, feta cheese and green	beet and peppers
	Breaded Hake with green bean sauté	Carbonara macaroni with ham	Baked chicken with Piquillo pepper and	pepper	Baked mini chicken thighs with
1 OCTOBER			carrot sauce and chips	2 (24 )	homemade barbecue sauce and baked
WEEK 1	Chickpeas with pumpkin and green bean sauté	Vegetable macaroni	Stuffed peppers with quinoa and vegetables	Beef Musaka	vegetables with Provençal herbs
	bean sauce		Fruit and quark	Vegetable Musaka	Lentil sauté with potatoes
	Kcal: 709,3 Prot: 35 H.C.: 88,6 Lip: 23,6	Kcal: 746,2 Prot: 37,5 H.C.: 106 Lip: 21	Kcal: 746,2 Prot: 37,5 H.C.: 106 Lip: 21	Kcal: 743 Prot: 33 H.C.: 93.5 Lip: 23.2	Kcal: 1084 Prot: 37.5 H.C.: 99
	Fibra: 9	Fibra: 12.38	Fibra: 12.38	Fibra: 35	Lip: 58 Fibra: 12
	Beef soup Spinach salad with peach, seeds and	Vegetable soup with chickpeas Tomato salad, cucumber, beet,	Pumpkin and leek cream Lentil vinaigrette	Green bean soup Mixed salad with tomato, onion, sweet	Watercress soup with white beans Ensaladilla rusa
4.0	cheese	sweetcorn and green pepper	Lenth vinaigrette	corn, cucumber and Piquillo peppers	Ensalaunia rusa
4-8	Gra	Gratinated cream chicken with sliced	,,	Baked turkey with baby carrots and	
OCTOBER		potatoes and onion	Beef and vegetable Paella	peas	
WEEK 2	Vegetable macaroni	Riojana style bean stew with rice	Vegan potato tortilla Fruit and quark	Vegetable rice	Lentil stew with pumpkin
WLLK Z	Kcal: 893,7 Prot: 40 H.C.: 100	Kcal: 602.6 Prot: 30 H.C.: 75	Kcal: 855 Prot: 40 H.C.: 89	Kcal: 625.6 Prot: 31 H.C.: 78	Kcal: 809,8 Prot: 38 H.C.: 98
	Lip: 32.9 Fibra: 14,2	Lip: 21 Fibra: 14,3	Lip: 37 Fibra: 23	Lip: 21 Fibra: 18.5	Lip: 34 Fibra: 22,8
			Noodle soup with chicken	Mushroom cream	GREEN DAY
			Tomato salad with sprouts and fresh		Spinach cream
			cheese	Lamb's lettuce, avocado, crab and sweetcorn salad	Green bean sauté
11-15			Meatballs with carrot sauce and rice	sweetcorn salad	Green salad with olives, green pepper, watercress and cucumber
	STAFF INSET	BANK HOLIDAY		Elbow pasta with chicken bolognese	Stoker with green sauce and boiled
OCTOBER	STAIT INSET	DAIN HOLIDA	Falafel with rice		potatoes
WEEK 3			Funit and month	Elbow pasta with vegetables	Spinach meatballs with green sauce and boiled potatoes
			Fruit and quark		Pear
			Kcal: 741.5 Prot: 33.6 H.C.: 92	Kcal: 704 Prot: 26.7 H.C.: 90	Kcal: 665.5 Prot: 27.07 H.C.: 83
			Lip: 24.7 Fibra: 8.25	Lip: 21.7 Fibra: 13.7	Lip: 21.7 Fibra: 15.8
	Alphabet soup	Watercress soup with beans	Courgette and leek cream	Lentil soup	Pea cream
	Cabbage salad with apple and carrots	Seasoned tomatoes	Vinagreta de judías	Green salad with avocado, seeds and mandarin	Tomato, cucumber, pepper and turkey salad
18-22	Turkey stew with vegetables and rice	Hake fitters with boiled potatoes and	Chicken breast with mushrooms and baked vegetable with herbs	mandarin	Salau
OCTOBER		mojo	Rice noodles with mushrooms and	Pasta spirals with homemade tomato	Roast loin with pineapple sauce and
	Courgette stuffed with vegetables and	Beet burger with boiled potatoes and	vegetables	sauce and turkey	couscous
WEEK 4	rice	mojo	Fruit and quark	Vegetable pasta spirals	Chickpea stew with couscous
	Kcal: 546 Prot: 29 H.C.: 68.35	Kcal: 937 Prot: 39.5 H.C.: 100	Kcal: 1009 Prot: 39 H.C.: 109 Lip: 38 Fibra: 24	Kcal: 843 Prot: 38 H.C.: 119 Lip: 18 Fibra: 23	Kcal: 767,2 Prot: 32 H.C.: 119
	Lip: 20 Fibra: 10	Lip: 35 Fibra: 19.7	,	•	Lip: 18 Fibra: 23
	Star soup	Spinach cream Red cabbage salad with turkey,	Vegetable soup with green beans  Apple salad with cheese and raisins	Carrot and courgette cream	Swiss chard with chickpeas Salad with Piquillo peppers, red onion,
	Tomato and mozzarella salad	pumpkin seeds and Piquillo peppers	Pro saids train allege and raising	Cabbage salad with turkey and	white beans and parsley
25-29			Chicken croquettes with garlic farfalle	pineapple	
OCTOBER	Rice with chicken, carrot, green beans,	Fried breaded stoker with boiled	Spinoch annuattor with and fort "	Toma la como	Grilled beef with meat juice and
	and red peppers	potatoes and mojo Stuffed peppers with vegetables and	Spinach croquettes with garlic farfalle	Tuna lasagna	parisienne potatoes with Rosemary
WEEK 5	Rice with vegetables	boiled potatoes	Fruit and quark	Vegetable lasagna	Beans with curry
	Kcal: 654 Prot: 32 H.C.: 86	Kcal: 746 Prot: 37 H.C.: 93.3	Kcal: 746 Prot: 37.3 H.C.: 93.3	Kcal: 864 Prot: 42 H.C.: 105	Kcal: 514 Prot: 27.5 H.C.: 72
	Lip: 25 Fibra: 8.35	Lip: 25 Fibra: 9	Lip: 25 Fibra: 9	Lip: 28 Fibra: 8.9	Lip: 27.5 Fibra: 5.2

	ALLERG	W	/EEK 1		27 <sup>tl</sup>	SEPTI	EMBER	– 1 <sup>st</sup> 0	СТОВІ	ER					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
27	Star soup	Х													
27	Cabbage salad with carrot and apple			Х											
27	Breaded Hake with green bean sauté	Х		Х	Х			Х						Х	
27	Chickpeas with pumpkin and green bean sauté														
28	Cauliflower cream							Х							
28	White bean vinaigrette														
28	Carbonara macaroni with with ham	Х						Х							
28	Vegetable macaroni	Х													
29	Vegetable soup with beans														
29	Rocket salad with sprouts, cheese, mandarin and seeds						Х	Х							
29	Baked chicken with pepper and carrot sauce and chips														
29	Stuffed peppers with quinoa and vegetables														
30	Chickpea cream	Х													
30	Greek salad							Х							
30	Beef Musaka							Х							
30	Vegetable Musaka							Х							
1	Vichyssoise							Х							
1	Mixed salad														
1	Baked mini chicken thighs with homemade barbecue sauce	Х													
1	Lentil sauté with potatoes														

		ALLERGEN LIST			,	WEEK 2			- 8 <sup>th</sup> O	СТОВЕ	R				
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
4	Beef soup	Х													
4	Spinach salad with peach, seeds and cheese							Х			Х				
4	Bolognese macaroni	Х													
4	Vegetable macaroni	Х													
5	Vegetable soup with chickpeas														
5	Tomato salad, cucumber, beet, sweetcorn and green pepper														
4	Riojana style stoker with rice				Х										
5	Riojana style bean stew														
6	Pumpkin and leek cream							Х							
6	Lentil vinaigrette														
6	Gratinated cream chicken with sliced potatoes and onion							Х							
6	Vegan potato tortilla														
7	Green bean soup														
7	Mixed salad with tomato, onion, sweet corn, cucumber and pepper														
7	Beef and vegetable Paella														
8	Vegetable rice														
8	Watercress soup with white beans														
8	Ensaladilla rusa			Х	Х										
8	Baked turkey with baby carrots and peas														
8	Lentil stew with pumpkin														

		ALLER	GEN L	IST	١	WEEK 3			<sup>:h</sup> – 15 <sup>th</sup>						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Noodle soup with chicken	Х													
13	Tomato salad with sprouts and fresh cheese						Х	Х							
13	Meatballs with carrot sauce and rice	Х													
13	Falafel with rice														
14	Mushroom cream							Х							
14	Lamb's lettuce, avocado, crab and sweetcorn salad		Х												
14	Elbow pasta with chicken bolognese	Х													
14	Elbow pasta with vegetables	Х													
15	Spinach cream														
15	Green bean sauté														
15	Green salad with olives, green pepper, watercress and cucumber														
15	Stoker with green sauce and boiled potatoes				Х										
15	Spinach meatballs with green sauce and boiled potatoes														

		ALLERGEN LIST			W	EEK 4		18 <sup>th</sup>	– 22 <sup>nd</sup> (						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Alphabet soup	Х													
18	Cabbage salad with apple and carrots			Х											
18	Turkey stew with vegetables and rice														
18	Courgette stuffed with vegetables and rice														
19	Watercress soup with beans														
19	Seasoned tomatoes														
19	Hake fitters with boiled potatoes and mojo	Х		Х	Х			Х							
19	Beet burger with boiled potatoes and mojo														
20	Courgette and leek cream							Х							
20	Bean vinaigrette														
20	Chicken breast with mushrooms and baked vegetable with herbs							Х							
20	Rice noodles with mushrooms and vegetables														
21	Lentil soup														
21	Green salad with avocado, seeds and mandarin														
21	Pasta spirals with homemade tomato sauce and turkey	Х													
21	Vegetable pasta spirals	Х													
22	Pea cream							Х							
22	Tomato, cucumber, pepper and turkey salad														
22	Roast loin with pineapple sauce and couscous	Х		Х				Х							
22	Chickpea stew with couscous	Х													

		ALLERGEN LIST			W	WEEK 5			– <b>29</b> <sup>th</sup> (						
Day	DISH	Gluten	Crustac	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
25	Star soup	Х													
25	Tomato and mozzarella salad							Х							
25	Rice with chicken, carrot, green beans, and red peppers														
25	Rice with vegetables														
26	Spinach cream														
26	Red cabbage salad with turkey, pumpkin seeds and Piquillo peppers														
26	Fried breaded stoker with boiled potatoes and mojo	Х			Х										
26	Stuffed peppers with vegetables and boiled potatoes														
27	Vegetable soup with green beans														
27	Apple salad with cheese and raisins							Х							
27	Chicken croquettes with garlic farfalle	Х						Х							
27	Spinach croquettes with garlic farfalle	Х						Х							
28	Carrot and courgette cream														
28	Cabbage salad with turkey and pineapple			Х											
28	Tuna lasagna	Х			Х			Х							
28	Vegetable lasagna	Х						Х							
29	Swiss chard with chickpeas														
29	Salad with Piquillo peppers, red onion, white beans and parsley														
29	Grilled beef with meat juice and parisienne potatoes with Rosemary														
29	Beans with curry														

## \*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.
- 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 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

Cristina Belver
Diplomada en Dietética y Nutrición

Cristina Belver
LICENCIADA EN NUTRICIÓN