

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fish soup	Carrot cream with coconut, curry and coriander	Spinach soup with chickpeas	Vegetable soup	Courgette cream
30 SEPTEMBER -	Salad with red pepper, tomato,		Salad with beet, pear and feta	Salad with tomato, cucumber,	Tricolour pasta salad with cherry
4	cucumber, onion and tuna	Cabbage salad with turkey, pineapple, and 4 cheese	cheese	carrot and sweet corn	tomatoes, mozzarella and arugula
OCTOBER	Chicken Cordon bleu with potatoes	Bolognese spaghetti	Sweet and sour pork with rice	Chicken Ropa Vieja	Hake with <i>mojo verde</i> and boiled potatoes
WEEK 1	potatoes	Bolognese spagnetti	Vegetable rolls with rice	Vegetable Ropa Vieja	potatoes
	Falafel with potatoes	Vegetable Spaghetti	Fruit & quark		Bean stew with mushrooms
	Soup with vegetables and rice noodles	Pumpkin cream	Carrot cream	Chard and chickpea stew	
		Salad with green pepper, red	Rice salad with chicken, apple,	Greek salad with cucumber, feta	
7-11	Salad with lamb's lettuce, seeds, cherry tomatoes and tuna	pepper, green sprouts and onion	sweet corn and parsley	cheese, green pepper, red pepper and tomatoes with yoghurt	STAFF INSET
OCTOBER		Ham ravioli with homemade	Breaded haddock with boiled	dressing	
WEEK 2	Grilled chicken tenderloins with lemon and herbs with rice	tomato sauce	potatoes	Arroz a la cubana	(NO SCHOOL)
	iemon and herbs with nee	Spinach ravioli	Falafel	ATTOE G TO CODOTTO	
	Peppers stuffed with vegetables			Rice with black beans	
	and rice		Fruit & quark		
	Star soup	Vegetable cream	Lentil soup	Courgette cream	Leek and mushroom cream
	Lentil vinaigrette	Salad with toasted corn, pear and	Whole-wheat pasta salad with	Mixed salad with tomato,	Salad with lamb's lettuce, carrots,
14-18	Baked chicken with homemade	cheese	chicken, spinach and parmesan cheese	cucumber, tuna and onion	sweet corn, soft cheese and cherry tomatoes
OCTOBER	gravy and diced potatoes	Tenderloin in mushroom sauce	cneese	Spaghetti with chicken and	tomatoes
WEEK 3		with couscous	Hake with boiled potatoes	vegetables	Turkey with pineapple sauce and
VVLLK3	Vegetable burger	Beans with curry	Stuffed courgettes	Vogetable snaghetti	rice
		Deans with turry	Stuffed Courgettes	Vegetable spaghetti	Chickpea stew
			Fruit & quark		
	Chicken soup with noodles	Vegetable stew with beans	Corn broth	Carrot cream	Pumpkin cream
	Salad with apple, raisins and	Salad with salmon, avocado,	Salad with beet, green olives,	Bean vinaigrette	Cabbage salad with carrot and
21-25	cheese	sweet corn and boiled potatoes	tangerine and seeds	Tuna Bolognese Rigatoni	apple
OCTOBER	Meuniere sole with boiled	Rice with beef and vegetables	Parmesan sirloin with couscous	Tutta bologilese nigatoni	Chicken and spinach burger with
WEEK 4	potatoes	Manualt	Batata Maratti III	Vegetable Rigatoni	potatoes
	Lentil stew	Vegetable rice	Ratatouille with chickpeas		Vegetable burger
			Fruit & quark		
					Ice Cream

		ALLERGEN LIST			WEEK 1			30 th SEPTEMBER – 4 th OCTOBER				BER			
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
30	Fish soup				Х										
30	Salad with red pepper, tomato, cucumber, onion and tuna				Х										
30	Chicken Cordon bleu with potatoes	Х		Х				Х							
30	Falafel with potatoes	Х													
1	Carrot cream with coconut, curry and coriander							Х							
1	Cabbage salad with turkey, pineapple, and 4 cheese			Х				Х							
1	Bolognese spaghetti	Х					Х				Х				
1	Vegetable Spaghetti	Х					Х				Х				
2	Spinach soup with chickpeas														
2	Salad with beet, pear and feta cheese							Х							
2	Sweet and sour pork with rice	Х					Х								
2	Vegetable rolls with rice	Х					Х								
3	Vegetable soup														
3	Salad with tomato, cucumber, carrot and sweet corn														
3	Chicken Ropa Vieja														
3	Vegetable Ropa Vieja														
4	Courgette cream							Х							
4	Tricolour pasta salad with cherry tomatoes, mozzarella and arugula	Х		Х			Х	Х			Х				
4	Hake with mojo verde and boiled potatoes	Х			Х										
4	Bean stew with mushrooms														

		ALLERGEN LIST			ERGEN LIST WEEK			7 th – 11 th OCTOBER			WEEK 2 7 th – 11 th OCTOBER			WEEK 2 7 th – 11 th OCTOBER			7 th – 11 th OCTOBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph									
7	Soup with vegetables and rice noodles																							
7	Salad with lamb's lettuce, seeds, cherry tomatoes and tuna				Х				Х															
7	Grilled chicken tenderloins with lemon and herbs with rice																							
7	Peppers stuffed with vegetables and rice							Х																
8	Pumpkin cream																							
8	Salad with green pepper, red pepper, green sprouts and onion						Х																	
8	Ham ravioli with homemade tomato sauce	Х		Χ				Х			Х													
8	Spinach ravioli	Х		Х				Х			Х													
9	Carrot cream																							
9	Rice salad with chicken, apple, sweet corn and parsley			Х							Х													
9	Breaded haddock with boiled potatoes				Х																			
9	Falafel	Х																						
10	Chard and chickpea stew																							
10	Greek salad with cucumber, feta cheese, green pepper, red pepper and tomatoes with yoghurt dressing							Х																
10	Arroz a la cubana																							
10	Rice with black beans																							

		ALLE	RGEN	LIST WEEK 3 14 th – 3		th - 18 ^t	h OCTO	DBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
14	Star soup	Х													
14	Lentil vinaigrette														
14	Baked chicken with homemade gravy and diced potatoes	Х													
14	Vegetable burger														
15	Vegetable cream														
15	Salad with toasted corn, pear and cheese							Х	Х		Х				
15	Tenderloin in mushroom sauce with couscous	Х						Х							
15	Beans with curry														
16	Lentil soup														
16	Whole-wheat pasta salad with chicken, spinach and parmesan cheese	Х					Х	Х			Х				
16	Hake with boiled potatoes	Х			Х										
16	Stuffed courgettes							Х							
17	Courgette cream							Х							
17	Mixed salad with tomato, cucumber, tuna and onion				Х										
17	Spaghetti with chicken and vegetables	Х					Х				Х				
17	Vegetable spaghetti	Х					Х				Х				
18	Leek and mushroom cream														
18	Salad with lamb's lettuce, carrots, sweet corn, soft cheese and cherry tomatoes							Х							
18	Turkey with pineapple sauce and rice							Х							
18	Chickpea stew														

		ALLEF	RGEN L	.IST		WEEK 4		21 st – 25 th OCTOBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
21	Chicken soup with noodles	Х					Х				Х				
21	Salad with apple, raisins and cheese			Х				Х							
21	Meuniere sole with boiled potatoes	Х			Х			Х							
21	Lentil stew														
22	Vegetable stew with beans														
22	Salad with salmon, avocado, sweet corn and boiled potatoes				Х										
22	Rice with beef and vegetables														
22	Vegetable rice														
23	Corn broth			Х											
23	Salad with beet, green olives, tangerine and seeds								Х						
23	Parmesan sirloin with couscous	Х						Х							
23	Ratatouille with chickpeas														
24	Carrot cream														
24	Bean vinaigrette														
24	Tuna Bolognese Rigatoni	Х			Х		Х				Х				
24	Vegetable Rigatoni	Х					Х				Х				
25	Pumpkin cream														
25	Cabbage salad with carrot and apple			Х							Х				
25	Chicken and spinach burger with potatoes														
25	Vegetable burger														
25	Ice Cream							Х							

WEEK 1	Cal. 871 Prot. 43,3 Hc. 89,3	Cal. 375 Prot. 14,22 Hc. 30,52	Cal. 977 Prot. 57,42 Hc. 105,45	Cal. 786 Prot. 44,6 Hc. 64	Cal. 582 Prot. 25,6 Hc. 72,29
	Gr. 37,9 Fibra 12,8	Gr. 22,82 Fibra 8,7	Gr. 35,95 Fibra 7	Gr. 31,08 Fibra 12	Gr. 21,93 Fibra 12
WEEK 2	Cal. 718 Prot. 45,46 Hc. 54,2 Gr. 33,3 Fibra 4,3	Cal. 578 Prot. 21,5 Hc. 60,3 Gr. 26 Fibra 3,2	Cal. 827 Prot. 60,42 Hc. 92,46 Gr. 24,38 Fibra 8,4	Cal. 1005 Prot. 35,1 Hc. 122 Gr. 42,78 Fibra 10,7	STAFF INSET
WEEK 3	Cal. 806 Prot. 43,27 Hc. 72,3	Cal. 488 Prot. 32 Hc. 46,2	Cal. 1085 Prot. 75,09 Hc. 114	Cal. 521 Prot. 22,52 Hc. 37,93	Cal. 650 Prot., 43,69 Hc. 64
	Gr. 36,39 Fibra 11,8	Gr. 19,2 Fibra 9,5	Gr. 37,53 Fibra 11,35	Gr. 30,8 Fibra 9	Gr., 23 Fibra 3,2
WEEK 4	Cal. 527 Prot. 31,1 Hc. 56,09	Cal. 1075 Prot. 54,84 Hc. 137,4	Cal. 604 Prot. 46,6 Hc. 65,8	Cal. 637 Prot. 23,6 Hc. 102,41	Cal. 706 Prot. 35,53 Hc. 67,6
	Gr. 20,4 Fibra 4,6	Gr. 35,75 Fibra 14,4	Gr. 17,9 Fibra 17,4	Gr. 12,8 Fibra 14	Gr. 31,70 Fibra 9,4

*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:

