	Monday	Tuesday	Wednesday	Thursday	Friday
3-7 OCTOBER WEEK 1	Star soup Salad with piquillo peppers, tomato, cucumber and onion Marinated loin with potatoes Beet burger	Lentil soup Salad with cabbage, carrot, raisins, peach and beet Chicken and vegetable Paella Vegetable Paella	Carrot and courgette cream Salad with apple and cheese Elbow pasta with Bolognese sauce Elbow pasta with vegetables	Watercress soup Bean vinaigrette Breaded hake with boiled potatoes and mojo Falafel	Pumpkin cream Salad with orange, cheese and seeds Pork tenderloin with homemade carrot sauce and couscous Chickpeas with carrot
	Cal. 727.58 Prot. 36 HC.90.95.38 Lip. 24.25 Fibra. 10.14	Cal. 626.63 Prot. 31.33 HC.78.33 Lip. 20.89 Fibra. 18.24	Cal. 763 Prot. 38.15 HC.95.38 Lip. 25.43 Fibra. 12.20	Cal. 884.17 Prot. 36.02 HC.104.71 Lip. 32.51 Fibra. 21.97	Kcal: 766.16 Prot. 38.31 H.C.: 95.77 Lip: 25.54 Fibra: 8.8
10-14 OCTOBER WEEK 2	Fish soup Country salad with tomato, green beans, sweetcorn, red pepper and onion Potato Tortilla Chickpea Tortilla	Vegetable cream Cabbage salad with turkey, carrot, pineapple and cheese Haddock and vegetable Fideua Vegetable Fideua	BANK HOLIDAY	Corn broth Salad with piquillo peppers, feta cheese and onion Sirloin with soy sauce, green sprouts and couscous Spinach meatballs with soy sauce and couscous	Swiss chard soup Lamb's lettuce salad with beet, seeds, tangerine and green pepper Pizza pie Vegetable spring roll
	Cal. 620.40 Prot. 31.32 HC.77.55 Lip. 23.09 Fibra. 20.11	Cal. 610.6 Prot. 39.93 HC.99.82 Lip. 26.62 Fibra. 13.91		Cal. 884.77 Prot. 38.67 HC.106.11 Lip. 30 Fibra. 21.84	Cal. 760.61 Prot. 38.03 HC.95.38 Lip. 25.35 Fibra. 14.36
17-21 OCTOBER WEEK 3	Vegetable soup Salad with tomato, soft cheese and watercress Chicken with Provençal herbs, baked pumpkin and courgette and rice Bean stew	Watercress soup Lentil vinaigrette Neapolitan macaroni Vegetable macaroni	Cauliflower cream Salad with spinach, beet, sweetcorn, red pepper and green pepper Riojana style haddock with boiled potatoes Beet burger with boiled potatoes	Courgette cream Seasoned tomatoes Breaded chicken with elbow pasta Falafel	Vegetable cream Salad with red pepper, green pepper, boiled egg, cucumber, tomato and green beans Ropa Vieja Vegetable Ropa Vieja
	Cal. 682.35 Prot. 34.12 HC.85.23 Lip. 22.75 Fibra. 12.50	Cal. 986.85 Prot. 47.84 HC.119.61 Lip. 31.90 Fibra. 22.84	Cal. 732.00 Prot. 36.6 HC.91.50 Lip. 24.40 Fibra. 12.50	Cal. 756.89 Prot. 37.84 HC.94.61 Lip. 25.23 Fibra. 7.67	Cal. 692.61 Prot. 34.63 HC.84.58 Lip. 25.23 Fibra. 21.86
24-28 OCTOBER WEEK 4	Vegetable soup with beans Salad with tomato, cucumber, piquillo peppers and turkey Tuna macaroni Vegetable macaroni	Carrot and broccoli cream Salad with pear, toasted corn and cheese Turkey with mushroom sauce and rice Stuffed peppers	Noodle soup Lettuce mix salad with cherry tomatoes, black olives and tuna Baked chicken with herbs and couscous Chickpea stew	Pumpkin cream Cabbage salad with carrot and apple Chicken burger with cheese, tomato and fries Beet burger Brownie	STAFF INSET
	Cal. 879.42 Prot. 43.97 HC.109.93 Lip. 29.31 Fibra. 9.63	Cal. 811.59 Prot. 40.59 HC.109.93 Lip. 27.05 Fibra. 7.20	Cal. 798.58 Prot. 39.93 HC.99.82 Lip. 26.62 Fibra. 9.94	Cal. 966.1 Prot. 48.31 HC.120.76 Lip. 32.2 Fibra. 7.39	

ALLERGEN LIST WEEK 1 3rd- 7th OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
3	Star soup	X													
3	Salad with piquillo peppers, tomato, cucumber and onion														
3	Marinated loin with potatoes							X							
3	Beet burger														
4	Lentil soup	X													
4	Salad with cabbage, carrot, raisins, peach and beet										X				
4	Chicken and vegetable Paella														
4	Vegetable Paella														
5	Carrot and courgette cream							X							
5	Salad with apple and cheese			X				X			X				
5	Elbow pasta with Bolognese sauce	X													
5	Elbow pasta with vegetables	X													
6	Watercress soup														
6	Bean vinaigrette														
6	Breaded hake with boiled potatoes and mojo	X			X										
6	Falafel	X													
7	Pumpkin cream														
7	Salad with orange, cheese and seeds							X	X						
7	Pork tenderloin with homemade carrot sauce and couscous	X													
7	Chickpeas with carrot														

ALLERGEN LIST WEEK 2 10th – 14th OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
10	Fish soup				X										
10	Country salad with tomato, green beans, sweetcorn, red pepper and onion														
10	Potato Tortilla			X											
10	Chickpea Tortilla														
11	Vegetable cream														
11	Cabbage salad with turkey, carrot, pineapple and cheese			X				X							
11	Haddock and vegetable Fideua	X			X										
11	Vegetable Fideua	X													
13	Corn broth			X											
13	Salad with piquillo peppers, feta cheese and onion				X										
13	Sirloin with soy sauce, green sprouts and couscous	X					X								
13	Spinach meatballs with soy sauce and couscous						X								
14	Swiss chard soup														
14	Lamb's lettuce salad with beet, seeds, tangerine and green pepper								X						
14	Pizza pie	X		X			X	X							
14	Vegetable spring roll	X													

ALLERGEN LIST WEEK 3 17th – 21st OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
17	Vegetable soup	X													
17	Salad with tomato, soft cheese and watercress							X							
17	Chicken with Provençal herbs, baked pumpkin and courgette and rice														
17	Bean stew														
18	Watercress soup														
18	Lentil vinaigrette	X													
18	Neapolitan macaroni	X													
18	Vegetable macaroni	X													
19	Cauliflower cream							X							
19	Salad with spinach, beet, sweetcorn, red pepper and green pepper														
19	Riojana style haddock with boiled potatoes				X										
19	Beet burger with boiled potatoes														
20	Courgette cream							X							
20	Seasoned tomatoes														
20	Breaded chicken with elbow pasta	X		X											
20	Falafel	X													
21	Vegetable cream														
21	Salad with red pepper, green pepper, boiled egg, cucumber, tomato and green beans			X											
21	Ropa Vieja														
21	Vegetable Ropa Vieja														

ALLERGEN LIST WEEK 4 24th – 28th OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
24	Vegetable soup with beans														
24	Salad with tomato, cucumber, piquillo peppers and turkey														
24	Tuna macaroni	X			X										
24	Vegetable macaroni	X													
25	Carrot and broccoli cream														
25	Salad with pear, toasted corn and cheese			X				X	X						
25	Turkey with mushroom sauce and rice							X							
25	Stuffed peppers														
26	Noodle soup	X													
26	Lettuce mix salad with cherry tomatoes, black olives and tuna							X							
26	Baked chicken with herbs and couscous	X													
26	Chickpea stew														
27	Pumpkin cream														
27	Cabbage salad with carrot and apple			X							X				
27	Chicken burger with cheese, tomato and fries	X						X							
27	Beet burger														
27	Brownie	X		X				X	X						

- ***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