



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







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


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| <b>WEEK 1</b> | Cal. 871 Prot. 43,3 Hc. 89,3<br>Gr. 37,9 Fibra 12,8   | Cal. 375 Prot. 14,22 Hc. 30,52<br>Gr. 22,82 Fibra 8,7   | Cal. 977 Prot. 57,42 Hc. 105,45<br>Gr. 35,95 Fibra 7   | Cal. 786 Prot. 44,6 Hc. 64<br>Gr. 31,08 Fibra 12     | Cal. 582 Prot. 25,6 Hc. 72,29<br>Gr. 21,93 Fibra 12  |
| <b>WEEK 2</b> | Cal. 718 Prot. 45,46 Hc. 54,2<br>Gr. 33,3 Fibra 4,3   | Cal. 578 Prot. 21,5 Hc. 60,3<br>Gr. 26 Fibra 3,2        | Cal. 827 Prot. 60,42 Hc. 92,46<br>Gr. 24,38 Fibra 8,4  | Cal. 1005 Prot. 35,1 Hc. 122<br>Gr. 42,78 Fibra 10,7 | <b>STAFF INSET</b>                                   |
| <b>WEEK 3</b> | Cal. 806 Prot. 43,27 Hc. 72,3<br>Gr. 36,39 Fibra 11,8 | Cal. 488 Prot. 32 Hc. 46,2<br>Gr. 19,2 Fibra 9,5        | Cal. 1085 Prot. 75,09 Hc. 114<br>Gr. 37,53 Fibra 11,35 | Cal. 521 Prot. 22,52 Hc. 37,93<br>Gr. 30,8 Fibra 9   | Cal. 650 Prot., 43,69 Hc. 64<br>Gr., 23 Fibra 3,2    |
| <b>WEEK 4</b> | Cal. 527 Prot. 31,1 Hc. 56,09<br>Gr. 20,4 Fibra 4,6   | Cal. 1075 Prot. 54,84 Hc. 137,4<br>Gr. 35,75 Fibra 14,4 | Cal. 604 Prot. 46,6 Hc. 65,8<br>Gr. 17,9 Fibra 17,4    | Cal. 637 Prot. 23,6 Hc. 102,41<br>Gr. 12,8 Fibra 14  | Cal. 706 Prot. 35,53 Hc. 67,6<br>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 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

**STUDIO**  
7FITNESS

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