	Monday	Tuesday	Wednesday	Thursday	Friday
1 & 2 SEPTEMBER WEEK 1	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Star soup Seasoned tomatoes Hake fritters with boiled potatoes and mojo Falafel with boiled potatoes	Vegetable cream Cabbage salad with turkey, pineapple, carrot and cheese Rice with chicken sausages and omelette Black beans with rice
				Cal. 726.2 Prot. 25.86 HC.82.94 Lip. 29.27 Fibra. 8.2	Cal. 867.54 Prot. 27.81 HC.82.94 Lip. 39.46 Fibra. 11.28
5-9 SEPTEMBER WEEK 2	Noodle soup Bean vinaigrette Marinated loin with potatoes Beet burger with potatoes	Carrot and broccoli cream Salad with cherry tomatoes, tuna, black olives and onion Chicken and carrot curry with bulgur, quinoa and vegetables Stuffed courgettes	Lentil soup Tropical salad with peach, seeds, red onion and cheese Fish Paella Vegetable Paella	BANK HOLIDAY	Pumpkin cream Salad with tomato, sweetcorn, cucumber and carrot Grilled macaroni with cheese and chicken Vegetable macaroni
	Cal. 769.58 Prot. 38.48 HC.96.2 Lip. 25.65 Fibra. 11.24	Cal. 855.64 Prot. 42.68 HC.106.96 Lip. 25.52 Fibra. 11.91	Cal. 721.83 Prot. 36.09 HC.90.23 Lip. 24.06 Fibra. 11.54		Cal. 763.08Prot. 38.15 HC.95.39 Lip. 25.44 Fibra. 10.04
12-16 SEPTEMBER WEEK 3	Vegetable soup Lentil vinaigrette Baked hake with lemon, onions and sliced potatoes Spinach meatballs with sliced potatoes	Cauliflower cream Salad with cucumber, sweetcorn, tomato, red pepper, onion and beet Baked chicken with apple sauce and couscous Bean stew with couscous	Vegetable soup Chickpea salad, sweetcorn, tomato, feta cheese and lamb's lettuce Tenderloin with mustard sauce, onion, mushrooms and rice Peppers stuffed with vegetables and rice	Courgette cream Cabbage salad with carrot and apple Chicken with onion and peppers and boiled potatoes Lentil stew	Corn broth Red cabbage salad with tomato, carrot, apple and raisins Tuna Lasagna Vegetable Lasagna
	Cal. 563.03 Prot. 28.15 HC.70.38 Lip. 18.77 Fibra. 8.36	Cal. 690.4 Prot. 34.52 HC.86.3 Lip. 23.01 Fibra. 12.37	Cal. 898.89 Prot. 44.94 HC.112.36 Lip. 29.96 Fibra. 9.15	Cal. 655.24 Prot. 32.76 HC.81.91 Lip. 21.84 Fibra. 11.74	Cal. 1029.8 Prot. 51.49 HC.128.79 Lip. 34.33 Fibra. 20.37
19-23 SEPTEMBER WEEK 4	Noodle soup Cabbage salad with peach, piquillo pepper and red onion Potato Tortilla Chickpea Tortilla with potatoes	Swiss chard soup with beans Salad with beet, green pepper, green sprouts and tomato Bolognese macaroni Vegetable macaroni	Lentil soup Watercress salad with cucumber, tomato and soft cheese Baked turkey with couscous Beet burger with couscous	Carrot and leek cream Bean salad with avocado, tomato, black olives and parsley Breaded haddock with boiled potatoes and mojo Falafel with boiled potatoes and mojo	Broccoli cream Salad with apple, raisins and cheese Chicken and vegetable Paella Vegetable Paella
	Cal. 579 Prot. 36.58H C. 72.38 Lip. 20 Fibra. 8.92	Cal. 731.61 Prot. 36.58 HC.91.45 Lip. 24.39 Fibra. 12.06	Cal. 781.61 Prot. 39.06 HC.97.64 Lip. 26.04 Fibra. 10.34	Cal. 822.9 Prot. 41.15 HC.102.86 Lip. 27.43 Fibra. 9.62	Cal. 667.22 Prot. 33.36 HC. 83.4 Lip. 22.24 Fibra. 16.56
26-30 SEPTEMBER WEEK 5	Star soup Salad with tomato, onion, sweetcorn and piquillo peppers Chicken meatballs with carrot sauce and rice Spinach meatballs with carrot sauce and rice	Vegetable soup with chickpeas Cabbage salad with carrot and apple Neapolitan elbow pasta Vegetable elbow pasta	Pumpkin cream Lentil salad with mozzarella, avocado, carrot and seeds Pork loin with vegetables and couscous Green bean ratatouille with tomato	Watercress soup Salad with pear, toasted corn and cheese Marinated haddock with curry and vegetables Lentil stew	Spinach, broccoli and pumpkin cream Seasoned tomatoes Fricassee chicken thighs with leek, carrot, thyme, onion and boiled potatoes Chickpeas with vegetables and boiled potatoes
	Cal. 868 Prot. 43.4 HC.108.5 Lip. 28.93 Fibra. 10.86	Cal. 969.32 Prot. 48.47 HC.121.17 Lip. 32.31 Fibra. 6.8	Cal. 825.46 Prot. 41.27HC.121.17 Lip.32.31 Fibra. 6.4	Cal. 879.85 Prot. 43.99 HC.103.18 Lip. 29.33 Fibra. 26.04	Cal. 710.28 Prot. 35.51 HC.88.79 Lip. 23.68 Fibra. 8.41

ALLERGEN LIST WEEK 1 1 & 2 SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
1	Star soup	X													
1	Seasoned tomatoes														
1	Hake fritters with boiled potatoes and mojo	X	X	X	X			X						X	X
1	Falafel with boiled potatoes														
2	Vegetable cream														
2	Cabbage salad with turkey, pineapple, carrot and cheese			X				X							
2	Rice with chicken sausages and omelette			X											
2	Black beans with rice														

ALLERGEN LIST WEEK 2 5th – 9th SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
5	Noodle soup	X													
5	Bean vinaigrette														
5	Marinated loin with potatoes							X							
5	Beet burger with potatoes														
6	Carrot and broccoli cream														
6	Salad with cherry tomatoes, tuna, black olives and onion				X										
6	Chicken and carrot curry with bulgur, quinoa and vegetables							X							
6	Stuffed courgettes							X							
7	Lentil soup														
7	Tropical salad with peach, seeds, red onion and cheese							X	X						
7	Fish Paella				X										
7	Vegetable Paella														
9	Pumpkin cream														
9	Salad with tomato, sweetcorn, cucumber and carrot														
9	Grilled macaroni with cheese and chicken	X						X							
9	Vegetable macaroni	X													

ALLERGEN LIST WEEK 3 12th – 16th SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
12	Vegetable soup	X													
12	Lentil vinaigrette	X													
12	Baked hake with lemon, onions and sliced potatoes				X										
12	Spinach meatballs with sliced potatoes														
13	Cauliflower cream							X							
13	Salad with cucumber, sweetcorn, tomato, red pepper, onion and beet														
13	Baked chicken with apple sauce and couscous	X													
13	Bean stew with couscous	X													
14	Vegetable soup														
14	Chickpea salad, sweetcorn, tomato, feta cheese and lamb's lettuce							X							
14	Tenderloin with mustard sauce, onion, mushrooms and rice							X			X				
14	Peppers stuffed with vegetables and rice							X							
15	Courgette cream							X							
15	Cabbage salad with carrot and apple			X							X				
15	Chicken with onion and peppers and boiled potatoes														
15	Lentil stew	X													
16	Corn broth			X											
16	Red cabbage salad with tomato, carrot, apple and raisins										X				X
16	Tuna Lasagna	X			X			X							
16	Vegetable Lasagna	X						X							

ALLERGEN LIST WEEK 4 19th – 23rd SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
19	Noodle soup	X													
19	Cabbage salad with peach, piquillo pepper and red onion														
19	Potato Tortilla			X											
19	Chickpea Tortilla with potatoes														
20	Swiss chard soup with beans														
20	Salad with beet, green pepper, green sprouts and tomato						X								
20	Bolognese macaroni	X													
20	Vegetable macaroni	X													
21	Lentil soup	X													
21	Watercress salad with cucumber, tomato and soft cheese							X							
21	Baked turkey with couscous	X													
21	Beet burger with couscous	X													
22	Carrot and leek cream														
22	Bean salad with avocado, tomato, black olives and parsley														
22	Breaded haddock with boiled potatoes and mojo	X			X										
22	Falafel with boiled potatoes and mojo	X													
23	Broccoli cream							X							
23	Salad with apple, raisins and cheese			X				X			X				X
23	Chicken and vegetable Paella														
23	Vegetable Paella														

ALLERGEN LIST WEEK 5 26th – 30th SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
26	Star soup	X													
26	Salad with tomato, onion, sweetcorn and piquillo peppers														
26	Chicken meatballs with carrot sauce and rice														
26	Spinach meatballs with carrot sauce and rice	X													
27	Vegetable soup with chickpeas														
27	Cabbage salad with carrot and apple			X							X				
27	Neapolitan elbow pasta	X													
27	Vegetable elbow pasta	X													
28	Pumpkin cream														
28	Lentil salad with mozzarella, avocado, carrot and seeds	X						X	X						
28	Pork loin with vegetables and couscous	X													
28	Green bean ratatouille with tomato														
29	Watercress soup														
29	Salad with pear, toasted corn and cheese							X							
29	Marinated haddock with curry and vegetables				X			X							
29	Lentil stew	X													
30	Spinach, broccoli and pumpkin cream														
30	Seasoned tomatoes														
30	Fricassee chicken thighs with leek, carrot, thyme, onion and boiled potatoes														
30	Chickpeas with vegetables and boiled potatoes														

- ***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