



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>31 AUGUST &amp; 1 SEPTEMBER WEEK 1</b>	<b>SCHOOL HOLIDAY</b>	<b>SCHOOL HOLIDAY</b>	<b>SCHOOL HOLIDAY</b>	Star soup Seasoned tomatoes  Hake fritters with boiled potatoes and mojo <b>Falafel with boiled potatoes</b> Cal. 762.68 Prot. 38.13 HC.95.38 Lip. 25.42 Fibra. 8.94	Vegetable cream Bean vinaigrette  Chicken with mustard and honey with rice and carrots <b>Vegetable spring rolls with rice</b> Cal. 1038.71 Prot. 51.94 HC.129.84 Lip. 36.62 Fibra. 23.59
<b>4-8 SEPTEMBER WEEK 2</b>	Noodle soup  Cabbage salad with turkey, pineapple, carrot and cheese  Marinated loin with potatoes  <b>Lentil stew with potatoes</b> Cal. 668.70 Prot. 34.34 HC.85.84 Lip. 22.89 Fibra. 7.5	Lentil soup  Tropical salad with peach, seeds, red onion and cheese  Fish Paella  <b>Vegetable Paella</b> Cal. 679.83 Prot. 33.99 HC.84.98 Lip. 22.66 Fibra. 14.64	Pumpkin cream Salad with con tomato, sweet corn, cucumber and carrot  Ham ravioli with homemade tomato sauce <b>Spinach ravioli</b> Quark & fruit Cal. 788.46 Prot. 39.42 HC.98.56 Lip. 26.28 Fibra. 10.8	Carrot and broccoli cream Salad with cherry tomatoes, tuna, black olives and onion  Chicken curry with carrots and couscous <b>Courgette stuffed with rice and vegetables</b> Cal. 646.22 Prot. 33.97 HC.80.78 Lip. 21.54 Fibra. 12.50	<b>Bank Holiday</b>
<b>11-15 SEPTEMBER WEEK 3</b>	Vegetable soup with rice Salad with cucumber, sweet corn, tomato, red pepper, onion and beet  Baked chicken with apple sauce and rice <b>Bean stew with rice</b> Cal. 726.19 Prot. 36.31 HC.90.77 Lip. 24.11 Fibra. 7.22	Cauliflower cream Lentil vinaigrette  Breaded hake with boiled potatoes and mojo <b>Spinach meatballs with boiled potatoes</b> Cal. 764.69 Prot. 38.28 HC.95.59 Lip. 25.49 Fibra. 7.87	Vegetable cream Salad with chickpeas, sweet corn, tomato, feta cheese and lamb's lettuce  Elbow pasta with tuna <b>Elbow pasta with vegetables</b> Quark & fruit Cal. 707.25 Prot. 30.7 HC.88.41 Lip. 13.58 Fibra. 13.57	Courgette cream Cabbage salad with carrot and apple  Grilled turkey with potatoes <b>Lentil stew</b> Cal. 606.56 Prot. 30.43 HC.76.07 Lip. 20.29 Fibra. 8.01	Corn broth  Salad with red cabbage, tomato, carrot, apple and raisins  Meat pie <b>Vegetable pie</b> Cal. 614 Prot. 30.7 HC.76.75 Lip. 20.47 Fibra. 11.70
<b>18-22 SEPTEMBER WEEK 4</b>	Noodle soup  Cabbage salad with peach, piquillo peppers and red onion  Chicken croquettes with potatoes  <b>Chickpea stew</b> Cal. 867.54 Prot. 27.81 HC.82.94 Lip. 39.46 Fibra. 11.28	Swiss chard soup with beans  Salad with beet, green pepper, green sprouts and tomato  Bolognese macaroni  <b>Vegetable macaroni</b> Cal. 864.06 Prot. 43.2 HC.108.01 Lip. 28.80 Fibra. 23.12	Lentil soup Salad with watercress, cucumber, tomato and soft cheese  Turkey with orange sauce and couscous <b>Beet burger with couscous</b> Quark & fruit Cal. 867.54 Prot. 27.81 HC.82.94 Lip. 39.46 Fibra. 11.28	Carrot and leek cream Salad with beans, avocado, tomato, black olives and parsley  Riojana style haddock with boiled potatoes and mojo <b>Falafel with boiled potatoes and mojo</b> Cal. 717.72 Prot. 35.89 HC.89.72 Lip. 8.62 Fibra. 11.28	Broccoli cream  Salad with apple, raisins and cheese  Chicken Paella with vegetables <b>Vegetable Paella</b> Cal. 667.23 Prot. 33.36 HC. 83.4 Lip. 22.24 Fibra. 16.56
<b>25-29 SEPTEMBER WEEK 5</b>	Star soup Salad with tomato, onion, sweet corn and piquillo pepper  Chicken meatballs with carrot sauce and rice <b>Spinach meatballs with carrot sauce and rice</b> Cal. 1112.23 Prot. 55.61 HC.139.03 Lip. 55.61 Fibra. 13	Vegetable soup with chickpeas  Cabbage salad, with carrot and apple  Pasta spirals with Neapolitan sauce  <b>Vegetable pasta spirals</b> Cal. 738.64 Prot. 36.93 HC.92.33 Lip. 24.62 Fibra. 13.71	Pumpkin cream Lentil salad with, mozzarella, avocado, carrot and seeds  Loin with mixed vegetables and couscous <b>Bean ratatouille with tomato</b> Quark & fruit Cal. 892.46 Prot. 44.62 HC.11.56 Lip. 29.75 Fibra. 8.34	Spinach, broccoli and pumpkin cream Seasoned tomatoes  Fricassee chicken thighs with leek, carrot, thyme, onion and boiled potatoes <b>Chickpeas with vegetables and boiled potatoes</b> Cal. 796.42 Prot. 39.82 HC.99.55 Lip. 26.55 Fibra. 8.61	Watercress soup  Salad with pear, toasted corn and cheese  Tuna lasagna <b>Vegetable lasagna</b> Cal. 1029.8 Prot. 51.49 HC.128.73 Lip. 34.33 Fibra. 20.37





## ALLERGEN LIST

WEEK 3

11<sup>th</sup> – 15<sup>th</sup> SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
11	Vegetable soup with rice														
11	Salad with cucumber, sweet corn, tomato, red pepper, onion and beet														
11	Baked chicken with apple sauce and rice														
11	Bean stew with rice														
12	Cauliflower cream							X							
12	Lentil vinaigrette	X													
12	Breaded hake with boiled potatoes and mojo	X			X										
12	Spinach meatballs with boiled potatoes														
13	Vegetable cream														
13	Salad with chickpeas, sweet corn, tomato, feta cheese and lamb's lettuce							X							
13	Elbow pasta with tuna	X			X		X				X				
13	Elbow pasta with vegetables	X					X				X				
14	Courgette cream														
14	Cabbage salad with carrot and apple			X			X				X				
14	Grilled turkey with potatoes														
14	Lentil stew	X													
15	Corn broth			X											
15	Salad with red cabbage, tomato, carrot, apple and raisins														
15	Meat pie							X							
15	Vegetable pie							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 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

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Diplomada en Dietética y Nutrición

