	Monday	Tuesday	Wednesday	Thursday	Friday
1-5 FEBRUARY WEEK 1	Vegetable cream Beef burger with pasta farfalle Beet burger	Watercress soup Rice with squid and shrimp Rice with vegetables and white beans	Lentil soup Chicken breast in onion sauce with cuscus Chickpea stew	Star soup with chicken Stoker with honey and boiled potatoes Beans with broccoli, courgette and pumpkin	Pea cream Beet salad with apple and cheese Pork loin with plum sauce and rice Tofu with plum sauce and potatoes
	Kcal: 801.9 Prot: 42.6 H.C.: 62 Lip: 42 Fibra: 9.5	Kcal: 737.23 Prot: 17.4 H.C.: 102.4 Lip:17.4 Fibra: 22.1	Kcal: 595.63 Prot: 18 H.C.: 75 Lip:28.26 Fibra: 11.8	Kcal: 797.11 Prot: 25.3 H.C.: 102.68 Lip:26.26 Fibra: 17.81	Kcal: 793.52 Prot: 17 H.C.: 93.61 Lip: 39.7 Fibra: 13.6
8-12 FEBRUARY WEEK 2	Pumpkin cream Lemon chicken thighs with cuscus Lemon tofu	Vegetable soup with chickpeas Baked loin with apple compote and boiled potatoes Chickpea burger with carrots	Beef soup Stoker with green sauce and rice Beans with curry	Spinach cream Chicken croquettes with garlic pasta spirals Falafel	Courgette cream Turkey pizza Vegetable pizza Chocolate custard
	Kcal: 591.63 Prot: 31.25 H.C.: 75 Lip: 16.27 Fibra: 11.89	Kcal: 819 Prot: 38 H.C.: 106.72 Lip:20.95 Fibra: 24.5	Kcal: 637.63 Prot: 20.63 H.C.: 70.92 Lip: 31.36 Fibra: 8.71	Kcal: 797.11 Prot: 25.3 H.C.: 102.68 Lip: 26.26 Fibra: 17.81	Kcal: 793.52 Prot: 16.98 H.C.: 93.61 Lip:36.7 Fibra: 13.6
15-19 FEBRUARY WEEK 3	SCHOOL HOLIDAY	BANK HOLIDAY	Carrot cream Rice with chicken, sausages and vegetables Vegetable rice	Alphabet soup with chicken Tuna marmitako with boiled potatoes Tofu with sauce	Vegetable cream Breaded chicken with pasta spirals Vegetable pasta
			Kcal: 669 Prot: 18 H.C.: 97.94 Lip: 18.67 Fibra: 813.56	Kcal: 683.63 Prot: 23.07 H.C.: 71.56 Lip:29.5 Fibra: 9.15	Kcal: 866.61 Prot: 42 H.C.: 71.21 Lip: 43 Fibra: 10.4
22-26 FEBRUARY WEEK 4	Fish soup Chicken with apple sauce and rice Bean burger with apple, celery and seeds	Broccoli cream Tuna lasagna Vegetable lasagna	Swiss chard and bean soup Baked chicken with cuscus Chickpeas with pumpkin, spinach and mushrooms	Vegetable soup Breaded stoker fillets with mojo and boiled potatoes Ratatouille with beans	Corn Broth Bolognese macaroni Vegetable macaroni
	Kcal: 658.38 Prot: 26.14 H.C.: 97.02 Lip:32.66 Fibra: 8.28	Kcal: 730.3 Prot33.351 H.C.: 67.02 Lip:22.93 Fibra: 10.18	Kcal: 787.3 Prot: 39.84 H.C.: 78.56 Lip:28.32 Fibra: 19.2	Kcal: 763.98 Prot: 18.47 H.C.: 77.68 Lip: 37.94 Fibra: 8.28	Kcal: 995.22 Prot: 34.52 H.C.: 137 Lip:28.85 Fibra: 25

Vegetarian options marked in green. Menu served with water, bread, fruit or yoghurt. Cream or soup offered as starter and salad as side dish with main course. Grilled dishes are also available without sauce.

ALLERGEN LIST WEEK 1 1st – 5th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
1	Vegetable cream														
1	Beef burger with pasta farfalle	X						X							
1	Beet burger														
2	Watercress soup														
2	Rice with squid and shrimp		X											X	
2	Rice with vegetables and white beans														
3	Lentil soup														
3	Chicken breast in onion sauce with cuscus	X													
3	Chickpea stew														
4	Star soup with chicken	X													
4	Stoker with honey and boiled potatoes				X										
4	Beans with broccoli, courgette and pumpkin														
5	Pea cream							X							
5	Beet salad with apple and cheese			X				X							
5	Pork loin with plum sauce and rice	X													
5	Tofu with plum sauce and potatoes	X													

ALLERGEN LIST WEEK 2 8th - 12th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
8	Pumpkin cream														
8	Lemon chicken thighs with cuscus	X													
8	Lemon tofu	X													
9	Vegetable soup with chickpeas														
9	Baked loin with apple compote and boiled potatoes														
9	Chickpea burger with carrots														
10	Beef soup	X													
10	Stoker with green sauce and rice				X										
10	Beans with curry														
11	Spinach cream														
11	Chicken croquettes with garlic pasta spirals	X						X							
11	Falafel	X													
12	Courgette cream							X							
12	Turkey pizza	X						X							
12	Vegetable pizza	X						X							
12	Chocolate custard							X							

ALLERGEN LIST WEEK 3 15th – 19th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
17	Carrot cream														
17	Rice with chicken, sausages and vegetables														
17	Vegetable rice														
18	Alphabet soup with chicken	X													
18	Tuna marmitako with boiled potatoes				X										
18	Tofu with sauce														
19	Vegetable cream														
19	Breaded chicken with pasta spirals	X		X				X							
19	Vegetable pasta	X													

ALLERGEN LIST WEEK 4 22nd - 26th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
22	Fish soup				X										
22	Chicken with apple sauce and rice	X													
22	Bean burger with apple, celery and seeds									X					
23	Broccoli cream							X							
23	Tuna lasagna	X		X	X			X							
23	Vegetable lasagna	X		X				X							
24	Swiss chard and bean soup														
24	Baked chicken with cuscus	X													
24	Chickpeas with pumpkin, spinach and mushrooms														
25	Vegetable soup														
25	Breaded stoker fillets with mojo and boiled potatoes	X			X										
25	Ratatouille with beans														
26	Corn Broth			X											
26	Bolognese macaroni	X													
26	Vegetable macaroni	X													

- Menu is served with White/whole wheat bread and water.
- Seasonal fruit is offered for dessert.
- The calories are indicative and will depend on the amount served.
- The menu is prepared according to la ley de Seguridad Alimentaria y Nutrición, 5th July 2011.

Nutritional needs and calories done by:

Cristina Belver
Diplomada en Dietética y Nutrición

Cristina Belver
LICENCIADA EN NUTRICIÓN