	Monday	Tuesday	Wednesday	Thursday	Friday
4-8 APRIL	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
11-15 APRIL	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS
18-22 APRIL WEEK 1	Chicken soup with noodles Salad with sweetcorn, beet, cucumber and 4 cheese Fish fritters with boiled potatoes and mojo Beet burger	Vegetable cream Cabbage salad with carrot, turkey and pineapple Tuna macaroni Vegetable macaroni	Lentil soup Seasoned tomatoes Baked chicken with Provençal herbs and couscous Peppers stuffed with couscous and vegetables Fruit & quark	Swiss chard soup with chickpeas Salad with tomato, cucumber, Piquillo pepper and boiled egg Pork loin with mustard and rice Bean sauté	Carrot cream Salad with peach, seeds, lamb's lettuce and avocado Chicken stew with potatoes Chickpea stew
	Cal. 701.83 Prot. 35 HC. 96 Lip. 25.36Fibra. 9.6	Cal. 746.14 Prot. 37.3 HC. 93.27 Lip. 24.87 Fibra. 12.67	Cal. 746.14 Prot. 37.3 HC. 93.27 Lip. 24.87 Fibra. 12.67	Cal. 861 Prot. 43 HC. 107 Lip. 28.7 Fibra. 15.66	Cal. 701.2 Prot. 35.06 HC. 87.65 Lip. 23.37 Fibra. 13.8
25-29 APRIL WEEK 2	Corn Broth Salad with cucumber, beet, Piquillo pepper and turkey Rice with chicken and vegetables Rice with vegetables	Watercress soup with beans Country salad with green beans, tomatoes and tuna Chicken burger with potatoes and homemade tomato sauce Beet burger with potatoes	Courgette cream Salad with tomato, watercress and soft cheese Pork loin with pineapple sauce and couscous Chickpeas with broccoli and pumpkin Fruit & quark	Fish soup Salad with apple, raisins and 4 cheese Neapolitan macaroni Vegetable macaroni	Pumpkin cream Lentil vinaigrette Breaded stoker with garlic potatoes Bean stew with potatoes
	Cal. 864.05 Prot. 36.11 HC. 90.27 Lip. 24.07 Fibra. 19.55	Cal. 722.14 Prot. 36.111 HC. 90.27 Lip. 24.07 Fibra. 19.55	Cal. 742.5 Prot. 37.13 HC. 92.81 Lip. 24.75 Fibra. 9.86	Cal. 795.5 Prot. 39.78 HC. 99.44 Lip. 26.53 Fibra. 11.7	Cal. 845.46 Prot. 42.27 HC. 105.68 Lip. 28.18 Fibra. 10.45
2-6 MAY WEEK 3	BANK HOLIDAY	Beef soup with stars Salad with tomato, cucumber, onion, red pepper and sweet corn Squid rabas with boiled potatoes and mojo Falafel with boiled potatoes and mojo	Vegetable soup with chickpeas Salad with carrot, tuna, watercress and peach Baked chicken with red pepper sauce and couscous Pepper stuffed with couscous and vegetables Fruit & quark	Pumpkin and courgette cream Pear and toasted corn salad Grilled pork chops with elbow pasta and y salsa de tomate natural English style beans	Noodles, beans and potatoes Red cabbage salad with green pepper, red pepper, cucumber, carrot and sweet corn Stoker marmitako with rice Courgette stuffed with rice and vegetables
		Cal. 746.02 Prot. 40.18 HC. 100.44 Lip. 26.78 Fibra. 9.82	Cal. 803.05 Prot. 40.18 HC. 100.44 Lip. 26.78 Fibra. 8.01	Cal. 953.45 Prot. 47.67 HC. 119.18 Lip. 31.78 Fibra. 12.30	Cal. 869.63 Prot. 44.48 HC. 111.2 Lip. 29.65 Fibra. 16.45

ALLERGEN LIST WEEK 1 18th – 22nd APRIL

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Chicken soup with noodles	X													
18	Salad with sweetcorn, beet, cucumber and 4 cheese							X							
18	Fish fritters with boiled potatoes and mojo	X	X	X	X			X	X					X	X
18	Beet burger														
19	Vegetable cream														
19	Cabbage salad with carrot, turkey and pineapple														
19	Tuna macaroni	X			X										
19	Vegetable macaroni	X													
20	Lentil soup														
20	Seasoned tomatoes														
20	Baked chicken with Provençal herbs and couscous	X													
20	Peppers stuffed with couscous and vegetables	X													
21	Swiss chard soup with chickpeas														
21	Salad with tomato, cucumber, Piquillo pepper and boiled egg			X											
21	Pork loin with mustard and rice										X				
21	Bean sauté														
22	Carrot cream														
22	Salad with peach, seeds, lamb's lettuce and avocado								X						
22	Chicken stew with potatoes														
22	Chickpea stew														

ALLERGEN LIST WEEK 2 25th – 29th APRIL

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
25	Corn Broth			X											
25	Salad with cucumber, beet, Piquillo pepper and turkey														
25	Rice with chicken and vegetables														
25	Rice with vegetables														
26	Watercress soup with beans														
26	Country salad with green beans, tomatoes and tuna				X										
26	Chicken burger with potatoes and homemade tomato sauce														
26	Beet Burger with potatoes														
27	Courgette cream							X							
27	Salad with tomato, watercress and soft cheese							X							
27	Pork loin with pineapple sauce and couscous	X													
27	Chickpeas with broccoli and pumpkin														
28	Fish soup				X										
28	Salad with apple, raisins and 4 cheese			X		X		X	X						X
28	Neapolitan macaroni	X													
28	Vegetable macaroni	X													
29	Pumpkin cream														
29	Lentil vinaigrette														
29	Breaded stoker with garlic potatoes			X	X										
29	Lentil stew with potatoes														

ALLERGEN LIST WEEK 3 2nd – 5th MAY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
2	Beef soup with stars	X													
2	Salad with tomato, cucumber, onion, red pepper and sweet corn														
2	Squid rabas with boiled potatoes and mojo	X		X	X										
2	Falafel with boiled potatoes and mojo	X													
3	Vegetable soup with chickpeas														
3	Salad with carrot, tuna, watercress and peach				X										
3	Baked chicken with red pepper sauce and couscous	X													
3	Pepper stuffed with couscous and vegetables	X													
4	Pumpkin and courgette cream							X							
4	Pear and toasted corn salad					X		X			X				
4	Grilled pork chops with elbow pasta and homemade tomato sauce	X													
4	English style beans														
5	Noodles, beans and potatoes	X													
5	Red cabbage salad with green pepper, red pepper, cucumber, carrot														
5	Stoker marmitako with rice				X										
5	Courgette stuffed with rice and vegetables														

***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.
- 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