	Monday	Tuesday	Wednesday	Thursday	Friday
30 NOVEMBER-4 DECEMBER WEEK 1	Vegetable cream Fish fritters with rice Chickpeas with spinach	Lentil soup Bolognese macaroni Vegetable macaroni	Pumpkin cream Breaded squid rabas with boiled potatoes and mojo Falafel	Star soup Baked chicken with cuscus Bean burger	Pea cream Beet salad with apple and cheese Baked pork tenderloin with plum sauce and potatoes Tofu with plum sauce and potatoes
	Kcal: 850.19 Prot: 37 H.C.: 91.74 Lip:27 Fibra: 11.83	Kcal: 826 Prot: 37,3 H.C.:111 Lip:18,4 Fibra: 23,8	Kcal: 826 Prot: 37,3 H.C.:111 Lip:18,4 Fibra: 23,8	Kcal: 781,18 Prot: 42,62 H.C.:84,74 Lip:25,12 Fibra:18,5	Kcal: 883.21 Prot: 42.4 H.C.: 80.06 Lip:40 Fibra: 21.9
7-11 DECEMBER WEEK 2	BANK HOLIDAY	BANK HOLIDAY	Chicken soup Burger with diced potatoes Vegetable burger	Courgette cream Tuna macaroni Vegetable macaroni	Watercress soup Lemon chicken with three-delight rice Beans with curry
			Kcal:889 Prot: 36 H.C.:61.59 Lip: 53 Fibra:12.23	Kcal: 722.45 Prot: 24,4 H.C.:102.7 Lip:20.44 Fibra: 14.26	Kcal: 725 Prot: 34.6 H.C.: 91.96 Lip:26.55 Fibra: 21.17
14-18 DECEMBER WEEK 3	Pumpkin cream Bolognese spaghetti Vegetable spaghetti	Beef soup Bittersweet chicken with rice Bittersweet tofu	Vegetable soup Tuna croquettes with garlic pasta Falafel	Corn Broth Grilled chicken breast with cuscus Chickpeas with pumpkin	Spinach cream Baked stoker with boiled potatoes and mojo Lentil sauté
	Kcal:692.63 Prot: 23.53 H.C.:96.92 Lip:17.86 Fibra: 15.34	Kcal: 637.63 Prot: 20.63 H.C.:70.92 Lip:31 Fibra: 8.71	Kcal: 724.82 Prot: 14.93 H.C.:93.71 Lip:227.9 Fibra: 14.89	Kcal: 646.36 Prot: 24.73 H.C.:89.73 Lip:17.83 Fibra: 11.6	Kcal:826.05 Prot: 39.75 H.C.:75.29 Lip:36 Fibra: 15.8
21-25 DECEMBER WEEK 4	Vegetable soup with chickpeas Fish paella Vegetable paella	Mince broth (boiled egg, beef, chicken) Ruccola salad, Parmesan, apple and crispy ham Turkey with gravy sauce, roasted potatoes and carrots, Brussels sprouts, green beans Sweet potato loaf with legumes Truffle tartlets	CHRISTMAS	CHRISTMAS	CHRISTMAS
	Kcal:816 Prot: 37 H.C.:104 Lip:21 Fibra:22	Kcal: 1068 Prot: 58 H.C.:78.36 Lip:55.27 Fibra: 12.78			

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 30th NOVEMBER – 4th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
30	Vegetable cream														
30	Fish fritters with rice	X		X	X			X	X						
30	Chickpeas with spinach														
1	Lentil soup														
1	Bolognese macaroni	X													
1	Vegetable macaroni	X													
2	Pumpkin cream														
2	Breaded squid rabas with boiled potatoes and mojo	X		X				X	X					X	
2	Falafel	X													
3	Star soup	X													
3	Baked chicken with cuscus	X													
3	Bean burger														
4	Pea cream							X							
4	Beet salad with apple and cheese							X							
4	Baked pork tenderloin with plum sauce and potatoes	X													
4	Tofu with plum sauce and potatoes	X													

ALLERGEN LIST WEEK 2 7th - 11th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
9	Chicken soup	X													
9	Burger with diced potatoes	X													
9	Hamburguesas vegetales														
10	Courgette cream							X							
10	Tuna macaroni	X			X										
10	Vegetable macaroni	X													
11	Watercress soup														
11	Lemon chicken with three-delight rice	X		X				X							
11	Beans with curry														

ALLERGEN LIST WEEK 3 14th – 18th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
14	Pumpkin cream														
14	Bolognese spaghetti	X													
14	Vegetable spaghetti	X													
15	Beef soup	X													
15	Bittersweet chicken with rice	X													
15	Bittersweet Tofu														
16	Vegetable soup														
16	Tuna croquettes with garlic pasta	X			X			X							
16	Falafel	X													
17	Corn Broth			X											
17	Grilled chicken breast with cuscus	X													
17	Chickpeas with pumpkin														
18	Spinach cream														
18	Baked stoker with boiled potatoes and mojo				X										
18	Lentil sauté														

ALLERGEN LIST WEEK 4 21st – 25th DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
21	Vegetable soup with chickpeas														
21	Fish paella				X										
21	Vegetable paella														
22	Mince broth (boiled egg, beef, chicken)			X											
22	Ruccola salad, Parmesan, apple and crispy ham (serrano)							X							
22	Turkey with gravy sauce, roasted potatoes and carrots, Brussels sprouts, green beans														
22	Sweet potato loaf with legumes														
22	Truffle tartlets	X						X	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