	Monday	Tuesday	Wednesday	Thursday	Friday
6-10 DECEMBER WEEK 1	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	Star soup Mixed salad with tomato, cucumber, red pepper and sweet corn Chicken meatballs with diced potatoes Spinach meatballs with diced potatoes	Vegetable and chickpea soup Green salad with apple, raisins and cheese Rice with fish and vegetables Rice with vegetables
				Cal. 823.82 Prot. 33 HC. 83.95 Lip. 36.63 Fibra. 16.13	Cal. 855 Prot. 42.75 HC. 106.88 Lip. 28.5 Fibra. 24
13-17 DECEMBER WEEK 2	Fish soup Tropical salad with peach, seeds, red onion and carrot Baked chicken with caramelised onion and couscous Chickpea stew with couscous	Chard stew with white beans Garden salad with sweet corn, cucumber, piquillo peppers and cheese Stoker with teriyaki sauce and boiled potatoes Falafel with boiled potatoes Fruit and quark	Pumpkin cream Watercress salad with tomato and soft cheese Bolognese macaroni Vegetable macaroni	Courgette and broccoli cream Seasoned tomatoes Chicken with apple sauce and rice Peppers stuffed with vegetables	Corn Broth Greek salad with feta cheese, cucumber, onion and black olives Beef stew with diced potatoes Curry beans with diced potatoes
	Cal. 619.40 Prot. 30.97 HC. 79.62 Lip. 20.75 Fibra. 7.7	Cal. 852.11 Prot. 42.61 HC. 106.51 Lip. 28.5 Fibra. 11.97	Cal. 791.21 Prot. 39.56 HC. 98.9 Lip. 26.37 Fibra. 24	Cal. 722 Prot. 36 HC. 90.25 Lip. 24.07 Fibra. 11	Cal. 870.65 Prot. 43.54 HC. 106.88 Lip. 29 Fibra. 22
20-22 DECEMBER WEEK 3	Noodle soup Crab salad with avocado, carrot and pineapple Riojana style stoker with rice Lentil sauté with rice	Watercress soup with beans Cabbage salad with apple and carrot Tuna macaroni Vegetable macaroni	Mince broth (boiled egg and chicken) Salad with bacon, cheese, sweet corn and croutons Baked turkey with gravy sauce, roasted potatoes and Brussels sprouts and baby carrots with cinnamon Vegetable quiche with cheese Apple crumble with English cream	CHRISTMAS	CHRISTMAS
	Cal. 765.63 Prot. 38.13 HC. 95.33 Lip. 25.42 Fibra. 8	Cal. 840.85 Prot. 42.04 HC. 105.11 Lip. 28.5 Fibra. 23	Cal. 1535, 45 Prot. 76.75 HC. 191.93 Lip. 51.18 Fibra. 25.31		

ALLERGEN LIST WEEK 1 9th - 10th DECEMBER

Day	PLATO	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
9	Star soup	X													
9	Mixed salad with tomato, cucumber, red pepper and sweet corn														
9	Chicken meatballs with diced potatoes	X													
9	Spinach meatballs with diced potatoes						X								
10	Vegetable and chickpea soup														
10	Green salad with apple, raisins and cheese							X							
10	Rice with fish and vegetables				X										
10	Rice with vegetables														

ALLERGEN LIST WEEK 2 13th – 17th DECEMBER

Day	PLATO	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Fish soup				X										
13	Tropical salad with peach, seeds, red onion and carrot								X						
13	Baked chicken with caramelised onion and couscous	X													
13	Chickpea stew with couscous	X													
14	Chard stew with white beans														
14	Garden salad with sweet corn, cucumber, piquillo peppers and cheese							X							
14	Stoker with teriyaki sauce and boiled potatoes	X		X	X		X	X							
14	Falafel with boiled potatoes	X													
15	Pumpkin cream														
15	Watercress salad with tomato and soft cheese							X							
15	Bolognese macaroni	X													
15	Vegetable macaroni	X													
16	Courgette and broccoli cream							X							
16	Seasoned tomatoes														
16	Chicken with apple sauce and rice	X													
16	Peppers stuffed with vegetables														
17	Corn Broth			X											
17	Greek salad with feta cheese, cucumber, onion and black olives							X							
17	Beef stew with diced potatoes														
17	Curry beans with diced potatoes														

ALLERGEN LIST WEEK 3 20th – 22nd DECEMBER

Day	PLATO	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Noodle soup	X													
20	Crab salad with avocado, carrot and pineapple		X	X	X										
20	Riojana style stoker with rice				X										
20	Lentil sauté with rice														
21	Watercress soup with beans														
21	Cabbage salad with apple and carrot			X											
21	Tuna macaroni	X			X										
21	Vegetable macaroni	X													
22	Mince broth (boiled egg and chicken)			X											
22	Salad with bacon, cheese, sweet corn and croutons	X						X							
22	Baked turkey with gravy sauce, roasted potatoes and Brussels sprouts and baby carrots with cinnamon														
22	Vegetable quiche with cheese			X				X							
22	Apple crumble with English cream	X						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.
- 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