	Monday	Tuesday	Wednesday	Thursday	Friday
7-11 FEBRUARY WEEK 1	Noodle soup Salad with cucumber, onion, carrot and olives Squid rabas with boiled potatoes and homemade tomato sauce Chickpea stew with boiled potatoes	Pumpkin cream Caesar salad with chicken, croutons and parmesan Bolognese macaroni Vegetable macaroni	Watercress soup with beans Salad with mandarin, seeds and four cheeses Stoker with onion and couscous Stuffed peppers Fruit & yogurt	Vegetable cream Ensaladilla rusa Grilled chicken with broccoli and rice Beans with curry	Courgette cream Lentil vinaigrette Roasted pork with applesauce and potatoes Beet burger with rice
	Cal. 757.28 Prot. 37.9 HC. 95 Lip. 25.3 Fibra: 9.5	Cal. 731.46 Prot. 36.5 HC. 92 Lip. 24.1 Fibra: 12.46	Cal. 649 Prot. 32 HC. 82 Lip. 21.5 Fibra: 10	Cal. 658.22 Prot. 35 HC. 82 Lip. 22 Fibra: 14.31	Kcal: 801.91 Prot: 33.14 H.C.: 105.5 Lip: 25.37 Fibra: 12.13
14-18 FEBRUARY WEEK 2	Alphabet soup Salad with boiled egg, onion and piquillo pepper Chicken paella with vegetables Vegetable paella	Carrot cream Watercress salad with soft cheese and tomato Pork chops with farfalle and homemade tomato sauce Beans with curry and spicy potatoes (Bravas)	Swiss chard and chickpea soup Salad with pear, corn and 4 cheese Breaded stoker with boiled potatoes and mojo Chickpeas with Ratatouille Fruit & yogurt	Pumpkin cream Mixed salad with tomato, red pepper, green pepper and tuna Baked chicken with apple and couscous Lentil sauté with couscous	Vegetable soup with beans Salad with cucumber, beet, sweetcorn and olives Elbow pasta with Neapolitan sauce Elbow pasta with vegetables
	Kcal: 654.63 Prot: 32.73 H.C.: 81.83 Lip: 21.82 Fibra: 13.25	Kcal: 1025 Prot: 34.17 H.C.: 128 Lip: 34 Fibra: 13.9	Kcal: 818.32 Prot: 40 H.C.: 102.3 Lip: 27.28 Fibra: 9.81	Kcal: 652,77 Prot: 32.64 H.C.: 81.6 Lip: 21.76 Fibra: 8.54	Kcal: 816 Prot: 40 H.C.: 102 Lip: 27.2 Fibra: 22
21-25 FEBRUARY WEEK 3	Star soup Mixed salad with cucumber, tomato, onion, olives and piquillo peppers Rice with chicken sausages and French omelette Rice with sauteed beans	Watercress and bean soup Apple salad with raisins and four cheeses Riojana style stoker with boiled potatoes Stuffed peppers	Broccoli cream Cabbage salad with carrot, cheese, turkey and pineapple Breaded chicken with elbow pasta and homemade tomato sauce Chickpeas with broccoli and pasta Fruit & yogurt	Potatoes, beans and noodles Seasoned tomatoes Pickled loin with potatoes Falafel with potatoes	STAFF INSET
	Kcal: 764.39 Prot: 37.32 H.C.: 93.3 Lip: 24.88 Fibra: 9.12	Kcal: 810.85 Prot: 40.54 H.C.: 101.36 Lip: 27.03 Fibra: 21.83	Kcal: 740.61 Prot: 37.03 H.C.: 92.58 Lip: 24.69 Fibra: 9.0	Kcal: 878.63 Prot: 43.93 H.C.: 102.5 Lip: 29.99 Fibra: 14.34	Kcal: 695,21 Prot: 32.5 H.C.: 90 Lip: 25 Fibra: 21
28 FEBRUARY -4 MARCH WEEK 4	SCHOOL HOLIDAY	BANK HOLIDAY	SCHOOL HOLIDAY	Star soup Salad with red pepper, tomato, soft cheese and oregano Chicken meatballs with diced potatoes Spinach meatballs with rice Fruit & yogurt	Vegetable cream Cabbage salad with carrot and apple Elbow pasta with tuna Elbow pasta with vegetables
				Kcal: 895.45 Prot: 44,77 H.C.: 11.93 Lip: 29.85 Fibra: 9.78	Kcal: 741.74 Prot: 37.03 H.C.: 92.58 Lip: 24.69 Fibra: 9.0

ALLERGEN LIST WEEK 1 7th – 11th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
7	Noodle soup	X													
7	Salad with cucumber, onion, carrot and olives														
7	Squid rabas with boiled potatoes and homemade tomato sauce	X		X	X										
7	Chickpea stew with boiled potatoes														
8	Pumpkin cream														
8	Caesar salad	X		X				X			X				
8	Bolognese macaroni	X													
8	Vegetable macaroni	X													
9	Watercress soup with beans														
9	Salad with mandarin, seeds and four cheeses							X	X						
9	Stoker with onion and couscous	X			X										
9	Stuffed peppers	X													
10	Vegetable cream														
10	Ensaladilla rusa			X	X										
10	Grilled chicken with broccoli and rice														
10	Beans with curry														
11	Courgette cream							X							
11	Lentil vinaigrette														
11	Roasted pork with applesauce and potatoes														
11	Beet burger with rice														

ALLERGEN LIST WEEK 2 14th – 18th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
14	Alphabet soup	X													
14	Salad with boiled egg, onion and piquillo pepper			X											
14	Chicken paella with vegetables														
14	Vegetable paella														
15	Carrot cream														
15	Watercress salad with soft cheese and tomato							X							
15	Pork chops with farfalle and homemade tomato sauce	X													
15	Beans with curry and spicy potatoes (Bravas)														
16	Swiss chard and chickpea soup														
16	Salad with pear, corn and 4 cheese							X	X						
16	Breaded stoker with boiled potatoes and mojo	X			X										
16	Chickpeas with Ratatouille														
17	Pumpkin cream														
17	Mixed salad with tomato, red pepper, green pepper and tuna				X										
17	Baked chicken with apple and couscous	X													
17	Lentil sauté with couscous	X													
18	Vegetable soup with beans														
18	Salad with cucumber, beet, sweetcorn and olives														
18	Elbow pasta with Neapolitan sauce	X													
18	Elbow pasta with vegetables	X													

ALLERGEN LIST WEEK 3 21st – 25th FEBRUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
21	Star soup	X													
21	Mixed salad with cucumber, tomato, onion, olives and piquillo peppers														
21	Rice with chicken sausages and French omelette			X											
21	Rice with sauteed beans														
22	Watercress and bean soup														
22	Apple salad with raisins and four cheeses			X				X			X				
22	Riojana style stoker with boiled potatoes				X										
22	Stuffed peppers														
23	Broccoli cream							X							
23	Cabbage salad with carrot, cheese, turkey and pineapple			X				X							
23	Breaded chicken with elbow pasta and homemade tomato sauce	X		X											
23	Chickpeas with broccoli and pasta														
24	Potatoes, beans and noodles	X													
24	Seasoned tomatoes														
24	Pickled loin with potatoes														
24	Falafel with potatoes	X													

ALLERGEN LIST WEEK 4 28th FEBRUARY – 4th MARCH

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
3	Star soup	X													
3	Salad with red pepper, tomato, soft cheese and oregano							X							
3	Chicken meatballs with diced potatoes	X						X							
3	Spinach meatballs with rice														
4	Vegetable cream														
4	Cabbage salad with carrot and apple			X							X				
4	Elbow pasta with tuna	X			X										
4	Elbow pasta with vegetables	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