	Monday	Tuesday	Wednesday	Thursday	Friday
11-15 JANUARY WEEK 1	Vegetable cream Macaroni with Neapolitan sauce Vegetable macaroni	Pumpkin cream Pork chop with quince jelly sauce and rice Chickpeas with broccoli	Potatoes, beans and noodles Tuna croquettes with diced potatoes Falafel	Swiss chard soup with chickpeas Baked chicken with cuscus Sauteed lentils	Lentil soup Grilled stoker with boiled potatoes Bean burger with seeds
	Kcal: 691 Pr: 27.31 H.C: 82.01 Lip:25 Fibra: 12.36	Kcal: 593.5 Pr: 29.31 H.C: 70 Lip:24 Fibra: 11.52	Kcal: 716.6 Pr: 44 H.C: 79 Lip:31Fibra: 21,19	Kcal: 829 Pr: 31 H.C: 79 Lip:24 Fibra: 16.1	Kcal: 808 Pr: 44 H.C: 93.4 Lip:31 Fibra: 16.1
18-22 JANUARY WEEK 2	Vegetable soup with chickpeas Chicken breast with sesame, honey and dices potatoes Vegetable burger	Watercress soup Tuna macaroni Vegetable macaroni	Courgette cream Chinese style lemon chicken with rice Lemon tofu	Carrot cream Baked stoker with boiled potatoes and mojo Bean stew with vegetables	Chicken star soup Pork tenderloin with Apple sauce and cuscus Chickpea sauté with green beans
	Kcal: 724 Pr: 41 H.C: 84 Lip:19 Fibra: 19.85	Kcal: 823.85 Pr: 32 H.C: 123 Lip:18.35 Fibra: 23	Kcal: 623.45 Pr: 26.64 H.C: 71.42 Lip:28.14 Fibra: 11.66	Kcal: 788.55 Pr: 33.92 H.C: 75.34 Lip:35 Fibra: 13.68	Kcal: 694.63 Pr: 32.87 H.C: 70.46 Lip:24 Fibra: 7.15
25-29 JANUARY WEEK 3	Pumpkin and leek cream Baked stoker with pumpkin sauce and cuscus Tofu with pumpkin sauce	Noodle soup with beef Potato Tortilla with turkey dices Potato tortilla with courgette	Corn Broth Macaroni lasagna with beef bolognese Vegetable macaroni	Cauliflower cream Pork loin with orange sauce and rice Bean curry	Spinach cream Squid rabas with boiled potatoes and mojo Lentil sauté with courgette
	Kcal: 663.83 Pr: 28.47 H.C: 74.88 Lip:25.58 Fibra: 12.54	Kcal: 754.32 Pr: 29.44 H.C: 87.15 Lip: 29.21 Fibra: 10.67	Kcal: 904.44 Pr: 28.10 H.C: 133 Lip: 25.6 Fibra: 20.36	Kcal: 627 Pr: 21.4 H.C: 78.2Lip:33 Fibra: 11,1	Kcal: 749 Pr: 31.4H.C: 82.59 Lip:29.81 Fibra: 16.12

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 11th – 15th JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
11	Vegetable cream														
11	Macaroni with Neapolitan sauce	X													
11	Vegetable macaroni	X													
12	Pumpkin cream														
12	Pork chop with quince jelly sauce and rice														
12	Chickpeas with broccoli														
13	Potatoes, beans and noodles	X													
13	Tuna croquettes with diced potatoes	X			X			X							
13	Falafel	X													
14	Swiss chard soup with chickpeas														
14	Baked chicken with cuscus	X													
14	Sauteed lentils														
15	Lentil soup														
15	Grilled stoker with boiled potatoes				X			X							
15	Bean burger with seeds														

ALLERGEN LIST WEEK 2 18th – 22nd JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Vegetable soup with chickpeas														
18	Chicken breast with sesame, honey and dices potatoes											X			
18	Vegetable burger														
19	Watercress soup														
19	Tuna macaroni	X			X										
19	Vegetable macaroni	X													
20	Courgette cream							X							
20	Chinese style lemon chicken with rice	X													
20	Lemon tofu														
21	Carrot cream														
21	Baked stoker with boiled potatoes and mojo				X										
21	Bean stew with vegetables														
22	Chicken star soup	X													
22	Pork tenderloin with Apple sauce and cuscus	X													
22	Chickpea sauté with green beans														

ALLERGEN LIST WEEK 3 25th – 29th JANUARY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
25	Pumpkin and leek cream														
25	Baked stoker with pumpkin sauce and cuscus	X			X										
25	Tofu with pumpkin sauce														
26	Noodle soup with beef	X													
26	Potato Tortilla with turkey dices			X											
26	Potato tortilla with courgette			X											
27	Corn Broth			X											
27	Macaroni lasagna with beef bolognese	X						X							
27	Vegetable macaroni	X													
28	Cauliflower cream							X							
28	Pork loin with orange sauce and rice	X													
28	Bean curry														
29	Spinach cream														
29	Squid rabas with boiled potatoes and mojo	X		X				X						X	
29	Lentil sauté with courgette														

- 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