



	Monday	Tuesday	Wednesday	Thursday	Friday
10-14 JANUARY WEEK 1	Star soup Mixed salad with tomato, cucumber, onion and red and green pepper Chicken meatballs with carrot sauce and rice Spinach meatballs with rice	Lentil soup Watercress salad with tomato and soft cheese Tuna macaroni Vegetable macaroni	Carrot and courgette cream Cabbage salad with carrot, piquillo pepper, beet and white beans Baked chicken with diced potatoes Chickpea stew Fruit y yogurt	Vegetable soup with chickpeas Lamb's lettuce salad with chicken, avocado and Parmesan Marinated stoker with couscous Lentil sauté	Spinach cream Cabbage salad with apple and carrot Breaded pork loin with elbow pasta Beet burger with elbow pasta
	Cal. 825.45 Prot. 41 HC. 103 Lip. 27.5 Fibra. 10.49	Cal. 692.63 Prot. 33 HC. 82.5 Lip. 22 Fibra. 15.54	Cal. 660 Prot. 33 HC. 82.5 Lip. 22 Fibra. 11	Cal. 782.18 Prot. 39 HC. 98 Lip. 26 Fibra. 16	Cal. 995.61 Prot. 49.78 HC. 124.45 Lip. 33 Fibra. 9.71
17-21 JANUARY WEEK 2	Vegetable soup Pear, corn and 4 cheese salad Chicken paella Vegetable paella	Watercress soup with beans Quinoa salad with tomato, avocado, seeds and feta cheese Stoker with broccoli and sweet corn Falafel with boiled potatoes	Broccoli cream Spinach salad with red onion, tomato, chickpeas and cucumber Beef stew with diced potatoes Lentil stew with potatoes Fruit y yogurt	Pumpkin cream Salad with piquillo peppers, asparagus and red onion Pizza with diced turkey Vegetable pizza	Vegetable cream Salad with red pepper, onion, cucumber, sweetcorn and green sprouts Chicken with mushroom sauce and rice Chickpeas with mushrooms
	Cal. 606 Prot. 30 HC. 75.75 Lip. 20.5 Fibra. 13.8	Cal. 802.42 Prot. 40.12 HC. 100,3 Lip. 26.75 Fibra. 12.68	Cal. 751 Prot. 35.55 HC. 93.88 Lip. 25.03 Fibra. 13.65	Cal. 862.19 Prot. 43.11 HC. 107.77 Lip. 28.74 Fibra. 10.49	Cal. 694, 63 Prot. 34.73 HC. 87 Lip. 23.15 Fibra. 10
24-28 JANUARY WEEK 3	Noodle soup Bean vinaigrette Baked chicken with apple sauce and boiled potatoes Spinach meatballs with boiled potatoes	Swiss chard soup with chickpeas Apple salad with cheese and raisins Bolognese macaroni Lentil bolognese macaroni	Vegetable cream Salad with beet, green sprouts, sweetcorn and seeds Pizza chicken with couscous and baby carrots Chickpea stew Fruit y yogurt	Corn Broth Salad with mandarin, red onion and carrot Hake with onion, tomato and rice Beet burger with rice	Pea cream Seasoned tomatoes Marinated loin with potatoes Beans with tomatoes and potatoes
	Cal. 745.49 Prot. 37.27 HC. 93 Lip. 25 Fibra. 18	Cal. 754.32 Prot. 37 HC. 94 Lip. 25 Fibra. 10.67	Cal. 754.32 Prot. 37 HC. 94 Lip. 25.13 Fibra. 10.67	Cal. 746 Prot. 37.3 HC. 93 Lip. 25 Fibra. 21.47	Cal. 781.8 Prot. 39 HC. 97 Lip. 26 Fibra. 23.2
31 ENERO-4 JANUARY WEEK 4	Alphabet soup Salad with peach, seeds and cheese Fish fritters with boiled potatoes Curry beans with boiled potatoes	Vegetable soup with beans Mixed salad with tomato, onion, olives and tuna Rice with French omelette and chicken sausages with homemade tomato sauce Rice with French omelette and spring rolls	Cauliflower cream Salad with rocket lettuce, cured ham, apple and parmesan Breaded chicken with pasta farfalle Falafel with pasta Fruit y yogurt	Watercress soup with beans Cabbage salad with turkey, carrot and pineapple Neapolitan macaroni Vegetable macaroni	MEXICO Mexican soup Pico de gallo Nachos with guacamole Chicken Fajitas Vegetable Fajitas
	Cal. 635.63 Prot. 32 HC. 80 Lip. 22 Fibra. 16	Cal. 676.91 Prot. 33.85 HC. 84.61 Lip. 22.56 Fibra. 10	Cal. 905.43 Prot. 45 HC. 113 Lip. 30 Fibra. 14.4	Cal. 722.45 Prot. 36.12 HC. 90.3 Lip. 24 Fibra. 11.36	Cal. 881.53 Prot. 44 HC. 110.19 Lip. 29 Fibra. 9.4

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WEEK 4															
31 st JANUARY – 4 th FEBRUARY															
Día	PLATO	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
31	Alphabet soup	X													
31	Salad with peach, seeds and cheese							X							
31	Fish fritters with boiled potatoes				X										
31	Curry beans with boiled potatoes														
1	Vegetable soup with beans														
1	Mixed salad with tomato, onion, olives and tuna				X										
1	Rice with French omelette and chicken sausages with homemade tomato			X											
1	Rice with French omelette and spring rolls	X		X											
2	Cauliflower cream							X							
2	Salad with rocket lettuce, cured ham, apple and parmesan							X			X				
2	Breaded chicken with pasta farfalle							X							
2	Falafel with pasta														
3	Watercress soup with beans														
3	Cabbage salad with turkey, carrot and pineapple														
3	Neapolitan macaroni	X													
3	Vegetable macaroni	X													
4	Mexican soup														
4	Pico de gallo														
4	Nachos with guacamole														
4	Chicken Fajitas	X						X							
4	Vegetable Fajitas	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

