	Monday	Tuesday	Wednesday	Thursday	Friday
6-10 JUNE WEEK 1	Star soup Cabbage salad with carrot and apple Baked chicken with couscous Lentils with baby carrots and couscous	Lentil soup Salad with cheese, pear and turkey bacon Breaded haddock with boiled potatoes Chickpeas with vegetables and boiled potatoes	Noodles, beans and potatoes Salad with tomato, onion, sweetcorn and pepper Neapolitan macaroni Vegetable macaroni Quark & fruit	Vegetable cream Roasted peppers with tuna Chicken with tropical sauce and rice Peppers stuffed with rice and vegetables	Watercress soup with beans Seasoned tomatoes Pork chops with potatoes Beet burger
	Cal. 723.2 Prot. 36.16 HC.90.4 Lip. 24.11 Fibra. 9.2	Cal. 725.83 Prot. 36.29 HC.90.73 Lip. 24.19 Fibra. 14.74	Cal. 828 Prot. 41.4 HC.103.5 Lip. 27.60 Fibra. 11.39	Cal. 778.21 Prot. 37.31 HC. 93.27 Lip. 24.87 Fibra. 12.67	Cal. 866.55 Prot. 43.33 HC. 108.32 Lip. 28.89 Fibra. 20.77
13-17 JUNE WEEK 2	Vegetable soup with rice Salad with crab, sweetcorn and pineapple Elbow pasta with chicken bolognese Elbow pasta with vegetables	Pumpkin and leek cream Salad with orange, cheese and seeds Rice with sausages, omelette and homemade tomato sauce Rice with chickpeas and ratatouille	Vegetable soup with chickpeas Salad with cabbage, red pepper, carrot, beet and sweetcorn Fish fitters with boiled potatoes Lentil stew Quark & fruit	Pea cream Salad with apple, raisins and cheese Grilled chicken breast with couscous Bean stew with curry and couscous	Swiss chard soup Salad with beans, avocado, tomato, black olives and parsley Tenderloin with onion, peppers and rice Courgettes stuffed with rice and vegetables
	Cal. 686.93 Prot. 34.35 HC.85.87 Lip. 22.90 Fibra. 10.69	Cal. 826.48 Prot. 41.32 HC.103.31 Lip. 27.55 Fibra. 8.99	Cal. 911.62 Prot. 45.58 HC.113.95 Lip. 30.39 Fibra. 5.91	Cal. 828 Prot. 41.4 HC.103.5 Lip. 27.60 Fibra. 11.39	Cal. 805.19 Prot. 40.26 HC.100.65 Lip. 26.84 Fibra. 14.26
20-23 JUNE WEEK 3	Noodle soup Salad with peach, seeds, lamb's lettuce and piquillo peppers Fish and vegetable paella Vegetable paella	Courgette and broccoli cream Salad with spinach, feta cheese, raisins and cherry tomatoes Baked chicken with caramelised onion and bulgur with vegetables Chickpeas with pumpkin and bulgur with vegetables	Corn broth Mixed salad with tomato, onion, cucumber, olives, carrot and sweetcorn Breaded pork loin with diced potatoes and homemade tomato sauce Falafel with diced potatoes and homemade tomato sauce Quark & fruit	Carrot cream Lentil vinaigrette Tuna macaroni Vegetable macaroni	BANK HOLIDAY
	Cal. 659.2 Prot. 32.96 HC.82.40 Lip. 21.97 Fibra. 10.20	Cal. 955.07 Prot. 47.75 HC. 119.38 Lip. 31.34 Fibra. 23	Cal. 1014.55 Prot. 50.73 HC. 126.82 Lip. 33.82 Fibra. 19.77	Cal. 738.64Prot. 36.93 HC.92.33 Lip. 24.62 Fibra. 13.71	
27 JUNE-1 JULY WEEK 4	Beef soup Cabbage salad with carrot and apple Chicken burger and elbow pasta Chickpea stew with elbow pasta	Pumpkin cream Rocket salad with soft cheese, green sprouts and tomato Portuguese style haddock with couscous Portuguese style spinach meatballs with couscous	Lentil soup Cabbage salad with carrot, turkey, pineapple and cheese Pizza with diced turkey Vegetable pizza Quark & fruit	Vegetable soup with chickpeas Salad with beet, green pepper, green sprouts and onion Marinated loin with potatoes Beet burger with potatoes	Broccoli cream Bean vinaigrette Bolognese pasta spirals Vegetable pasta spirals
	Cal. 1040.02 Prot. 52 HC.130 Lip. 34.67 Fibra. 11.19	Cal. 861.88 Prot. 43.09 HC.107.74 Lip. 28.73 Fibra. 7.5	Cal. 731.4 Prot. 36.57 HC. 91.43 Lip. 24.38 Fibra. 11.88	Cal. 708.63 Prot. 35.43 HC. 88.58 Lip. 23.62 Fibra. 11.88	Cal. 733.22 Prot. 36.66 HC. 91.65 Lip. 24.44 Fibra. 12.6

ALLERGEN LIST WEEK 1 6th – 10th JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Star soup	X													
6	Cabbage salad with carrot and apple			X							X				
6	Baked chicken with couscous	X													
6	Lentils with baby carrots and couscous	X													
7	Lentil soup														
7	Salad with cheese, pear and turkey bacon			X				X			X				
7	Breaded haddock with boiled potatoes	X			X										
7	Chickpeas with vegetables and boiled potatoes														
8	Noodles, beans and potatoes	X													
8	Salad with tomato, onion, sweetcorn and pepper														
8	Neapolitan macaroni	X													
8	Vegetable macaroni	X													
9	Vegetable cream														
9	Roasted peppers with tuna				X										
9	Chicken with tropical sauce and rice	X													
9	Peppers stuffed with rice and vegetables														
10	Watercress soup with beans														
10	Seasoned tomatoes														
10	Pork chops with potatoes														
10	Beet burger														

ALLERGEN LIST WEEK 2 13th – 17th JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Vegetable soup with rice														
13	Salad with crab, sweetcorn and pineapple		X	X										X	
13	Elbow pasta with chicken bolognese	X													
13	Elbow pasta with vegetables	X													
14	Pumpkin and leek cream														
14	Salad with orange, cheese and seeds							X	X						
14	Rice with sausages, omelette and homemade tomato sauce			X											
14	Rice with chickpeas and ratatouille														
15	Vegetable soup with chickpeas														
15	Salad with cabbage, red pepper, carrot, beet and sweetcorn														
15	Fish fitters with boiled potatoes	X	X	X	X		X	X	X					X	
15	Lentil stew														
16	Pea cream							X							
16	Salad with apple, raisins and cheese			X				X							
16	Grilled chicken breast with couscous	X													
16	Bean stew with curry and couscous	X													
17	Swiss chard soup														
17	Salad with beans, avocado, tomato, black olives and parsley														
17	Tenderloin with onion, peppers and rice														
17	Courgettes stuffed with rice and vegetables														

ALLERGEN LIST WEEK 3 20th – 23rd JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Noodle soup	X													
20	Salad with peach, seeds, lamb's lettuce and piquillo peppers								X		X				
20	Fish and vegetable paella				X										
20	Vegetable paella														
21	Courgette and broccoli cream							X							
21	Salad with spinach, feta cheese, raisins and cherry tomatoes							X							
21	Baked chicken with caramelised onion and bulgur with vegetables														
21	Chickpeas with pumpkin and bulgur with vegetables														
22	Corn broth			X											
22	Mixed salad with tomato, onion, cucumber, olives, carrot and sweetcorn														
22	Breaded pork loin with diced potatoes and homemade tomato sauce	X													
22	Falafel with diced potatoes and homemade tomato sauce	X													
23	Carrot cream														
23	Lentil vinaigrette														
23	Tuna macaroni	X			X										
23	Vegetable macaroni	X													

ALLERGEN LIST WEEK 4 27th JUNE – 1st JULY

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
27	Beef soup														
27	Cabbage salad with carrot and apple			X							X				
27	Chicken burger and elbow pasta	X						X							
27	Chickpea stew with elbow pasta	X													
28	Pumpkin cream														
28	Rocket salad with soft cheese, green sprouts and tomato							X							
28	Portuguese style haddock with couscous	X			X										
28	Portuguese style spinach meatballs with couscous	X													
29	Lentil soup														
29	Cabbage salad with carrot, turkey, pineapple and cheese							X							
29	Pizza with diced turkey	X													
29	Vegetable pizza	X													
30	Vegetable soup with chickpeas														
30	Salad with beet, green pepper, green sprouts and onion														
30	Marinated loin with potatoes							X							
30	Beet burger with potatoes														
1	Broccoli cream														
1	Bean vinaigrette														
1	Bolognese pasta spirals	X													
1	Vegetable pasta spirals	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