



	Monday	Tuesday	Wednesday	Thursday	Friday
7-11 MARCH WEEK 1	Beef soup with noodles Salad with sweetcorn, beet, olives, onion and carrot Fish fritters with boiled potatoes and mojo Lentil sauté	Watercress soup Bean vinaigrette Turkey with carrot sauce and rice Beet burger	Corn Broth Cabbage salad with ham, cheese and pineapple Bolognese macaroni Vegetable macaroni Fruit & quark	Vegetable soup with chickpeas Salad with apple, raisins and cheese Baked chicken breast with onion, cherry tomatoes, mozzarella and sliced potatoes Ratatouille with beans	Pumpkin cream Salad with tangerine, seeds, cucumber and watercress Pork loin with mustard and couscous Chickpeas with mustard
	Cal. 666 Prot. 33.3 HC. 83.25 Lip. 22.2Fibra. 8.4	Cal. 901 Prot. 37.3 HC. 138 Lip. 20 Fibra. 23	Cal. 733 Prot. 29 HC. 90.1 Lip.24 Fibra. 8.3	Cal. 950 Prot. 32.9 HC. 97.45 Lip.44.7 Fibra. 9.2	Cal. 740.55 Prot. 37 HC. 92.57.1 Lip.24.43 Fibra. 10.24
14-18 MARCH WEEK 2	Cauliflower cream Caesar salad with parmesan, chicken and croutons Diced stoker with boiled potatoes and mojo Falafel	Vegetable soup Red cabbage salad with green pepper, red pepper, cucumber and carrot Rice with chicken and carrots Rice with vegetables	Swiss chard and bean soup Salad with beet, sweetcorn and green sprouts Elbow pasta with tuna Elbow pasta with vegetables	Lentil soup Cabbage salad with apple and carrot Pizza with diced turkey Vegetable pizza	FRANCE Vichyssoise Lentil vinaigrette Baked chicken with herbs and dauphinois potatoes Potatoes stuffed with vegetables Fruit chocolate croissant
	Cal. 728 Prot. 36 HC. 90.1 Lip.24 Fibra. 13.07	Cal. 729.81 Prot. 36 HC. 91.23 Lip.24.33 Fibra. 13.52	Cal. 910.13 Prot. 45 HC. 113.5 Lip.30.34 Fibra. 17.3	Cal. 763.63 Prot. 38 HC. 95.45 Lip.25.45Fibra. 14.68	Cal. 933 Prot. 46 HC. 116 Lip.31.14 Fibra. 25.27
21-25 MARCH WEEK 3	Fish soup Pear and toasted corn salad Chicken wok with vegetables and couscous Chickpea wok with vegetables	Artichoke cream Cabbage salad with bacon, carrot, yogurt and dill Neapolitan macaroni Vegetable macaroni	Watercress soup with beans Salad with cheese, quinoa, yellow pepper and tomato Fish paella de pescado with vegetables Vegetable paella Fruit & quark	Courgette cream Tropical salad with peach, red onion, red pepper and green pepper Chicken croquettes with elbow pasta Falafel	Carrot and broccoli cream Salad with piquillo peppers, egg, potatoes, green beans and tuna Turkey stew with potatoes Beans with curry
	Cal. 737.76 Prot. 36 HC. 106.69 Lip.24.59 Fibra. 6.5	Cal. 853.5 Prot. 2942 HC.106.60.1 Lip.28.45 Fibra. 13.31	Cal. 853.05 Prot. 42 HC. 106 Lip.28.44 Fibra. 19.97	Cal. 723.52 Prot. 36.18 HC. 90.44 Lip.24.12 Fibra. 9.16	Cal. 869 Prot. 43.45 HC. 108.63 Lip.28.97 Fibra. 12.62
28 MARCH-1 APRIL WEEK 4	Star soup Salad with carrot, cucumber, sweetcorn and beet Rice with chicken sausages and French omelette Peppers stuffed with rice and vegetables	Swiss chard cream with beans Greek salad with feta cheese, cherry tomatoes, black olives, red pepper and red onion Stoker á la orange with potatoes Chickpea stew	Vegetable soup Salad with tomato, watercress and soft cheese Carbonara macaroni Vegetable macaroni Fruit & custard	Pea cream Seasoned tomatoes Chicken with pineapple sauce and couscous Baked pumpkin with chickpeas and broccoli	Pumpkin cream Salad with avocado, green sprouts, sweetcorn and piquillo peppers Ropa vieja Vegetable Ropa vieja
	Cal. 716.63 Prot. 35.83 HC. 89.58 Lip.24.59 Fibra. 7.11	Cal. 898.82 Prot. 44.92 HC. 112.35 Lip.29.96 Fibra. 6.69	Cal. 950.60 Prot. 47.53 HC. 118.63 Lip.31.69 Fibra. 18.19	Cal. 834.44 Prot. 41.72 HC. 104.31 Lip.27.81 Fibra. 12.32	Cal. 744.46 Prot. 41.72 HC. 104.31 Lip.27.81 Fibra. 19.30

ALLERGEN LIST															
WEEK 1															
7 th – 11 th MARCH															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
7	Beef soup with noodles	X													
7	Salad with sweetcorn, beet, olives, onion and carrot														
7	Fish fritters with boiled potatoes and mojo	X	X	X	X			X	X					X	X
7	Lentil sauté														
8	Watercress soup														
8	Bean vinaigrette														
8	Turkey with carrot sauce and rice														
8	Beet burger														
9	Corn Broth			X											
9	Cabbage salad with ham, cheese and pineapple			X				X							
9	Bolognese macaroni	X													
9	Vegetable macaroni	X													
10	Vegetable soup with chickpeas														
10	Salad with apple, raisins and cheese			X		X		X	X						X
10	Baked chicken breast with onion, cherry tomatoes, mozzarella and sliced							X							
10	Ratatouille with beans														
11	Pumpkin cream														
11	Salad with tangerine, seeds, cucumber and watercress								X						
11	Pork loin with mustard and couscous	X						X			X				
11	Chickpeas with mustard										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

