	Monday	Tuesday	Wednesday	Thursday	Friday
1-5 NOVEMBER	BANK HOLIDAY	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS
8-12 NOVEMBER WEEK 1	Alphabet soup Chickpea salad with red peppers, tomato and cucumber Rice with French omelette and chicken sausages with homemade tomato sauce Rice with French omelette and vegetable sausages	Watercress soup Peach salad with seeds, sweetcorn, and green olives Portuguese style stoker with green beans and boiled potatoes with mojo Spinach meatballs with boiled potatoes and green beans	Vegetable cream Seasoned tomatoes Chicken with vegetables and couscous Bean stew with vegetables and couscous Fruit and quark	Swiss chard soup Salad with cheese, pear and turkey bacon Baked pork loin with carrot cream and diced potatoes Beet burger with diced potatoes	Broccoli cream Mixed salad with tomato, sweet corn, tuna, cucumber and piquillo peppers Macaroni with turkey, soy and peppers Macaroni with vegetables
	Kcal: 902,63 Prot: 45 H.C.: 112 Lip: 30 Fibra: 9	Kcal: 805 Prot: 40 H.C.: 100 Lip: 26,9 Fibra: 21	Kcal: 586 Prot: 32 H.C.: 73 Lip: 20 Fibra: 8,3	Kcal: 921 Prot: 46 H.C.: 115 Lip: 30 Fibra: 33,35	Kcal: 762 Prot:38,1 H.C.:95,25 Lip:25,4 Fibra: 14,67
15-19 NOVEMBER WEEK 2	Rice soup with vegetables Cabbage salad with turkey and pineapple Chicken curry with couscous Chickpea stew with rice	Carrot cream Salad with crunchy cured ham, cherry tomatoes and parmesan Rice with hake and vegetables Vegetable rice	Courgette cream Tabbouleh salad Chicken with mushroom sauce, broccoli, cherry tomatoes and feta cheese Bean stew Fruit and quark	Lentil soup Pear, cheese and corn salad Fried breaded stoker with boiled potatoes and mojo Falafel with boiled potatoes	Vegetable and chickpea soup Avocado, asparagus, cucumber, sweet corn and tomato salad Pork sirloin with vegetables and rice Peppers stuffed with rice and vegetables
	Kcal: 713 Prot:35 H.C.:89 Lip:23,77Fibra: 10	Kcal: 655 Prot:32,75 H.C.:82 Lip:21,83 Fibra: 18	Kcal: 704 Prot:35,2 H.C.:88 Lip:23,47 Fibra: 13,7	Kcal: 655 Prot:32,75 H.C.:82 Lip:21,83 Fibra: 18	Kcal: 841,7 Prot:42 H.C.:105 Lip:28 Fibra: 19,37
22-26 NOVEMBER WEEK 3	Noodle soup Caesar salad with chicken, croutons and parmesan Cod loins with onion, red peppers and boiled potatoes Beet burger with boiled potatoes	Carrot and leek cream Mixed salad with tomato, cucumber and red pepper Caramelised chicken with rice Chickpeas with spinach	YELLOW DAY Corn Broth Mini corncobs, pepper, cherry tomatoes and soy sprouts salad Turkey with pineapple sauce and couscous Yellow peppers stuffed with couscous and vegetables Banana and quark	Watercress soup Beet salad with sweet corn, onion, peppers and chickpeas Neapolitan macaroni Vegetable spaghetti with lentil bolognese	AUSTRIA Austrian pumpkin cream Red cabbage salad with celery, onion, egg, carrot and pepper Viennese roast with parsley potatoes Chickpeas and spinach burgers
	Kcal: 765,12 Prot: 38,26 H.C.:95,64 Lip:25,5 Fibra: 8,42	Kcal: 666 Prot:33,3 H.C.:83,25 Lip:22,2 Fibra: 10,41	Kcal: 838,35 Prot:40,8 H.C.:118 Lip:21,83 Fibra: 18	Kcal: 704 Prot:27 H.C.:118 Lip:21,55 Fibra: 21	Kcal: 889 Prot:44,45 H.C.:111 Lip:29 Fibra: 10
29 NOVEMBER -3 DECEMBER WEEK 4	Star soup Bean salad with peppers, sweet corn, tuna and tomato Chicken croquettes with garlic farfalle Falafel with garlic farfalle	Swiss chard cream Tomato, avocado and soft cheese salad Baked stoker with dill and rice Courgette with quinoa and vegetables	Leek and courgette cream Cabbage salad with carrot, cheese, turkey and pineapple Marinated pork loin with potatoes Chickpeas with pumpkin and broccoli	Lentil soup Piquillo peppers, onion, cucumber and carrot salad Elbow pasta with beef bolognese Elbow pasta with vegetables Fruit and quark	Vegetable and bean soup Beet, seeds, apple and sweet corn salad Chicken and vegetable Ropa Vieja Vegetable Ropa Vieja
	Kcal: 836,65 Prot:41 H.C.:104 Lip:28 Fibra: 9,05	Kcal: 655 Prot:32,75 H.C.:82 Lip:21,83 Fibra: 18	Kcal: 765 Prot:38,26 H.C.:95,6 Lip:25,5 Fibra: 24	Kcal: 825 Prot:41,3 H.C.:103 Lip:27,53 Fibra: 15,4	Kcal: 692,61 Prot:34,63 H.C.:86,58 Lip:23,09 Fibra: 16,3

ALLERGEN LIST WEEK 1 8th – 12th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Musterd	Sesame	Lupine	Mollusc	Sulph
8	Alphabet soup	X													
8	Chickpea salad with red peppers, tomato and cucumber														
8	Rice with French omelette and chicken sausages with homemade tomato sauce			X											
8	Rice with French Omelette and vegetable sausages			X											
9	Watercress soup														
9	Peach salad with seeds, sweetcorn, and green olives								X						
9	Portuguese style stoker with green beans and boiled potatoes with mojo				X										
9	Spinach meatballs with boiled potatoes and green beans														
10	Vegetable cream														
10	Seasoned tomatoes														
10	Chicken with vegetables and couscous	X													
10	Bean stew with vegetables and couscous	X													
11	Swiss chard soup														
11	Salad with cheese, pear and turkey bacon							X							
11	Baked pork loin with carrot cream and diced potatoes														
11	Beet burger with diced potatoes														
12	Broccoli cream							X							
12	Mixed salad				X										
12	Macaroni with turkey, soy and peppers	X					X								
12	Macaroni with vegetables	X													

ALLERGEN LIST WEEK 2 15th – 19th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
15	Rice soup with vegetables														
15	Cabbage salad with turkey and pineapple			X											
15	Chicken curry with couscous	X													
15	Chickpea stew with rice														
16	Carrot cream														
16	Salad with crunchy cured ham, cherry tomatoes and parmesan							X							
16	Rice with hake and vegetables				X										
16	Vegetable rice														
17	Courgette cream							X							
17	Tabbouleh salad	X													
17	Chicken with mushroom sauce							X							
17	Bean stew														
18	Lentil soup														
18	Pear, cheese and corn salad			X				X							
18	Fried breaded stoker with boiled potatoes and mojo	X			X										
18	Falafel with boiled potatoes	X													
19	Vegetable and chickpea soup														
19	Avocado, asparagus, cucumber, sweet corn and tomato salad														
19	Pork sirloin with vegetables and rice														
19	Peppers stuffed with rice and vegetables														

ALLERGEN LIST WEEK 3 22nd – 26th NOVEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
22	Noodle soup	X													
22	Caesar salad with chicken, croutons and parmesan	X		X				X							
22	Cod loins with onion, red peppers and boiled potatoes				X										
22	Beet burger with boiled potatoes														
23	Carrot and leek cream														
23	Mixed salad with tomato, cucumber and red pepper														
23	Caramelised chicken with rice	X													
23	Chickpeas with spinach														
24	Corn Broth			X											
24	Mini corncobs, pepper, cherry tomatoes and soy sprouts salad						X								
24	Turkey with pineapple sauce and couscous	X													
24	Yellow peppers stuffed with couscous and vegetables	X													
25	Watercress soup														
25	Beet salad with sweet corn, onion, peppers and chickpeas														
25	Neapolitan macaroni	X													
25	Vegetable spaghetti with lentil bolognese	X													
26	Austrian pumpkin cream							X							
26	Red cabbage salad with celery, onion, egg, carrot and pepper			X											
26	Viennese roast with parsley potatoes	X													
26	Chickpeas and spinach burgers														

ALLERGEN LIST WEEK 4 29th NOVEMBER – 3rd DECEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
29	Star soup	X													
29	Bean salad with peppers, sweet corn, tuna and tomato				X										
29	Chicken croquettes with garlic farfalle	X													
29	Falafel with garlic farfalle	X													
30	Swiss chard cream														
30	Tomato, avocado and soft cheese salad							X							
30	Baked stoker with dill and rice				X										
30	Courgette with quinoa and vegetables														
1	Leek and courgette cream														
1	Cabbage salad with carrot, cheese, turkey and pineapple							X							
1	Marinated pork loin with potatoes														
1	Chickpeas with pumpkin and broccoli														
2	Lentil soup														
2	Piquillo peppers, onion, cucumber and carrot salad														
2	Elbow pasta with beef bolognese	X													
2	Elbow pasta with vegetables	X													
3	Vegetable and bean soup														
3	Beet, seeds, apple and sweet corn salad								X						
3	Chicken and vegetable Ropa Vieja														
3	Vegetable Ropa Vieja														

***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