	Monday	Tuesday	Wednesday	Thursday	Friday
28 SEPTEMBER-2 OCTOBER WEEK 1	Pumpkin cream Macaroni with tuna Vegetable macaroni	Chicken soup Baked stoker with sliced potatoes, onion and lemon Lentil Burger	Lentil soup Chicken with tropical sauce and rice Chickpea stew with broccoli	Spinach cream Sajonia pork loin with boiled potatoes Tofu with ratatouille	Vegetable soup Chicken croquettes with seasoned tomatoes Falafel
	Kcal: 530 Prot 21,99 H.C.:77,20 Lip:12,38 Fibra:9,60	Kcal: 835 Prot 44 H.C.:77,83 Lip:35 Fibra:12,9	Kcal:772,8 Prot 40 H.C 80,56 Lip:26,6 Fibra: 21,2	Kcal: 743 Prot 28,73 H.C.: 72,85 Lip:34 Fibra:15,2	Kcal: 684,17 Prot 19,84 H.C.: 77,61 Lip:26,9 Fibra:10,85
5-9 OCTOBER WEEK 2	Vegetable soup Baked chicken with cuscus Sauteed lentils with courgette	Swiss chard soup with chickpeas Baked stoker with boiled potatoes and mojo Chickpea burger	Carrot cream Pizza chicken with Farfalle Bean stew with baby carrots	Beef soup Fish fritters with mixed salad Sauteed chickpeas with green beans	Cauliflower cream Diced marinated pork with rice Bean burger
	Kcal: 702,61 Prot:33,65 H.C.: 70,64 Lip:28,49 Fibra:10,85	Kcal:728,88 Prot: 44 H.C.: 80,54 Lip: 26,34 Fibra:20,38	Kcal: 891,25 Prot: 29,54 H.C.: 108,69 Lip:33 Fibra: 10,9	Kcal: 791,96 Prot: 36,4 H.C.: 49 Lip :46 Fibra :8,4	Kcal: 654 Prot: 27,39 H.C.:79,44 Lip:26,25 Fibra:13,58
12-16 OCTOBER WEEK 3	BANK HOLIDAY	Potatoes, beans and noodles Bittersweet chicken with three-delight rice Lentil burger	Vegetable cream Squid rabas with boiled potatoes Beans wih curry	Courgette cream Bolognese Macaroni with béchamel sauce and cheese Tofu with spinachs	Star soup Stoker with onions, tomato, broccoli and sweetcorn Chickpea stew
		Kcal: 917 Prot: 49 H.C.: 103,93 Lip: 32,99 Fibra: 17,42	Kcal: 606,97 Prot: 23,14 H.C.: 84,51 Lip:17,32 Fibra: 14,26	Kcal: 914,21 Prot: 33 H.C.: 115,23 Lip:32 Fibra: 14,99	Kcal: 729,45 Prot: 23,26 H.C.: 55,08 Lip: 30 Fibra: 12,17
19-23 OCTOBER WEEK 4	Pumpkin cream Breaded mini chicken thighs with pasta and cherry tomatoes Vegetarian meatballs	Watercress soup Fish paella Vegetable paella	Fish soup Meatballs with boiled potatoes Falafel	Vegetable cream Grilled chicken with cuscus Lentil stew with vegetables	Chickpea cream Baked stoker with sliced potatoes, onion and lemon Tofu with sliced potatoes, onion and lemon
	Kcal: 710,13 Prot: 28,44 H.C.: 75,16 Lip: 34 Fibra: 11,84	Kcal: 799,85 Prot: 28,96 H.C.: 131,9 Lip: 17,45 Fibra:	Kcal: 766 Prot: 26,7 H.C.: 72,2 Lip: 35,9 Fibra: 9,9	Kcal: 594,61 Prot:24,71 H.C.:64,78 Lip: 23,04 Fibra: 7,66	Kcal: 712,99 Prot: 27,64 H.C.: 84,4 Lip: 22,64 Fibra: 21,68

Vegetarian options marked in green. **Menu served with water, bread, fruit and yoghurt. Cream or soup offered as first dish. Grilled dishes are also available without sauce.**

ALLERGEN LIST WEEK 1 28th SEPTEMBER – 4th OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
28	Pumpkin cream														
28	Macaroni with tuna	X			X										
28	Vegetable macaroni	X													
29	Chicken soup	X													
29	Baked stoker with sliced potatoes, onion and lemon				X										
29	Lentil Burger														
30	Lentil soup														
30	Chicken with tropical sauce and rice														
30	Chickpea stew with broccoli														
1	Spinach cream							X							
1	Sajonia pork loin with boiled potatoes														
1	Tofu with ratatouille														
2	Vegetable soup														
2	Chicken croquettes with seasoned tomatoes	X						X							
2	Falafel	X													

ALLERGEN LIST WEEK 2 7th – 11th OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	MIlk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
5	Vegetable soup														
5	Baked chicken with cuscus	X													
5	Sauteed lentils with courgette														
6	Swiss chard soup with chickpeas														
6	Baked stoker with boiled potatoes and mojo				X										
6	Chickpea burger														
7	Carrot cream														
7	Pizza chicken with Farfalle	X						X							
7	Bean stew with baby carrots														
8	Beef soup														
8	Fish fritters with mixed salad	X			X										
8	Sauteed chickpeas with green beans														
9	Cauliflower cream							X							
9	Diced marinated pork with rice														
9	Bean burger														

ALLERGEN LIST WEEK 3 14TH – 18TH OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	MIlk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Potatoes, beans and noodles	X													
13	Bittersweet chicken with three-delight rice														
13	Lentil burger														
14	Vegetable cream														
14	Squid rabas with boiled potatoes	X												X	
14	Beans wih curry														
15	Courgette cream							X							
15	Bolognese Macaroni with béchamel sauce and cheese	X						X							
15	Tofu with spinachs														
16	Star soup	X													
16	Stoker with onions, tomato, broccoli and sweetcorn				X										
16	Chickpea stew														

ALLERGEN LIST WEEK 4 19TH – 25TH OCTOBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
19	Pumpkin cream														
19	Breaded mini chicken thighs with pasta and cherry tomatoes	X													
19	Vegetarian meatballs														
20	Watercress soup														
20	Fish paella				X										
20	Vegetable paella														
21	Fish soup				X										
21	Meatballs with boiled potatoes	X													
21	Falafel	X													
22	Vegetable cream														
22	Grilled chicken with cuscus	X													
22	Lentil stew with vegetables														
23	Chickpea cream							X							
23	Baked stoker with sliced potatoes, onion and lemon				X										
23	Tofu with sliced potatoes, onion and lemon														

- 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

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LICENCIADA EN NUTRICIÓN