



	Monday	Tuesday	Wednesday	Thursday	Friday
27 SEPTEMBER- 1 OCTOBER WEEK 1	Star soup Cabbage salad with carrot and apple Breaded Hake with green bean sauté Chickpeas with pumpkin and green bean sauté	Cauliflower cream White bean vinaigrette Carbonara macaroni with ham Vegetable macaroni	Vegetable soup with beans Rocket salad with sprouts, cheese, mandarin and seeds Baked chicken with Piquillo pepper and carrot sauce and chips Stuffed peppers with quinoa and vegetables Fruit and quark	GREECE Chickpea cream Greek salad with cucumber, red onion, black olives, feta cheese and green pepper Beef Musaka Vegetable Musaka	Vichyssoise Mixed salad with tomato, onion, carrot, beet and peppers Baked mini chicken thighs with homemade barbecue sauce and baked vegetables with Provençal herbs Lentil sauté with potatoes
	Kcal: 709,3 Prot: 35 H.C.: 88,6 Lip: 23,6 Fibra: 9	Kcal: 746,2 Prot: 37,5 H.C.: 106 Lip: 21 Fibra: 12,38	Kcal: 746,2 Prot: 37,5 H.C.: 106 Lip: 21 Fibra: 12,38	Kcal: 743 Prot: 33 H.C.: 93,5 Lip: 23,2 Fibra: 35	Kcal: 1084 Prot: 37,5 H.C.: 99 Lip: 58 Fibra: 12
4-8 OCTOBER WEEK 2	Beef soup Spinach salad with peach, seeds and cheese Bolognese macaroni Vegetable macaroni	Vegetable soup with chickpeas Tomato salad, cucumber, beet, sweetcorn and green pepper Riojana style stoker with rice Riojana style bean stew with rice	Pumpkin and leek cream Lentil vinaigrette Gratinated cream chicken with sliced potatoes and onion Vegan potato tortilla Fruit and quark	Green bean soup Mixed salad with tomato, onion, sweet corn, cucumber and Piquillo peppers Beef and vegetable Paella Vegetable rice	Watercress soup with white beans Ensaladilla rusa Baked turkey with baby carrots and peas Lentil stew with pumpkin
	Kcal: 893,7 Prot: 40 H.C.: 100 Lip: 32,9 Fibra: 14,2	Kcal: 602,6 Prot: 30 H.C.: 75 Lip: 21 Fibra: 14,3	Kcal: 855 Prot: 40 H.C.: 89 Lip: 37 Fibra: 23	Kcal: 625,6 Prot: 31 H.C.: 78 Lip: 21 Fibra: 18,5	Kcal: 809,8 Prot: 38 H.C.: 98 Lip: 34 Fibra: 22,8
11-15 OCTOBER WEEK 3	STAFF INSET	BANK HOLIDAY	Noodle soup with chicken Tomato salad with sprouts and fresh cheese Meatballs with carrot sauce and rice Falafel with rice Fruit and quark	Mushroom cream Lamb's lettuce, avocado, crab and sweetcorn salad Elbow pasta with chicken bolognese Elbow pasta with vegetables	GREEN DAY Spinach cream Green bean sauté Green salad with olives, green pepper, watercress and cucumber Stoker with green sauce and boiled potatoes Spinach meatballs with green sauce and boiled potatoes Pear
			Kcal: 741,5 Prot: 33,6 H.C.: 92 Lip: 24,7 Fibra: 8,25	Kcal: 704 Prot: 26,7 H.C.: 90 Lip: 21,7 Fibra: 13,7	Kcal: 665,5 Prot: 27,07 H.C.: 83 Lip: 21,7 Fibra: 15,8
18-22 OCTOBER WEEK 4	Alphabet soup Cabbage salad with apple and carrots Turkey stew with vegetables and rice Courgette stuffed with vegetables and rice	Watercress soup with beans Seasoned tomatoes Hake fitters with boiled potatoes and mojo Beet burger with boiled potatoes and mojo	Courgette and leek cream Vinagreta de judías Chicken breast with mushrooms and baked vegetable with herbs Rice noodles with mushrooms and vegetables Fruit and quark	Lentil soup Green salad with avocado, seeds and mandarin Pasta spirals with homemade tomato sauce and turkey Vegetable pasta spirals	Pea cream Tomato, cucumber, pepper and turkey salad Roast loin with pineapple sauce and couscous Chickpea stew with couscous
	Kcal: 546 Prot: 29 H.C.: 68,35 Lip: 20 Fibra: 10	Kcal: 937 Prot: 39,5 H.C.: 100 Lip: 35 Fibra: 19,7	Kcal: 1009 Prot: 39 H.C.: 109 Lip: 38 Fibra: 24	Kcal: 843 Prot: 38 H.C.: 119 Lip: 18 Fibra: 23	Kcal: 767,2 Prot: 32 H.C.: 119 Lip: 18 Fibra: 23
25-29 OCTOBER WEEK 5	Star soup Tomato and mozzarella salad Rice with chicken, carrot, green beans, and red peppers Rice with vegetables	Spinach cream Red cabbage salad with turkey, pumpkin seeds and Piquillo peppers Fried breaded stoker with boiled potatoes and mojo Stuffed peppers with vegetables and boiled potatoes	Vegetable soup with green beans Apple salad with cheese and raisins Chicken croquettes with garlic farfalle Spinach croquettes with garlic farfalle Fruit and quark	Carrot and courgette cream Cabbage salad with turkey and pineapple Tuna lasagna Vegetable lasagna	Swiss chard with chickpeas Salad with Piquillo peppers, red onion, white beans and parsley Grilled beef with meat juice and parisienne potatoes with Rosemary Beans with curry
	Kcal: 654 Prot: 32 H.C.: 86 Lip: 25 Fibra: 8,35	Kcal: 746 Prot: 37 H.C.: 93,3 Lip: 25 Fibra: 9	Kcal: 746 Prot: 37,3 H.C.: 93,3 Lip: 25 Fibra: 9	Kcal: 864 Prot: 42 H.C.: 105 Lip: 28 Fibra: 8,9	Kcal: 514 Prot: 27,5 H.C.: 72 Lip: 27,5 Fibra: 5,2

***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

