	Monday	Tuesday	Wednesday	Thursday	Friday
30 AUGUST-3 SEPTEMBER WEEK 1	Alphabet soup Mixed salad with tomato, cucumber, olives, carrot and sweet corn Chicken meatballs with rice Spinach meatballs with rice Fruit	Vegetable soup with chickpeas Beet salad with red onion, green sprouts and pepper Baked stoker with baked potatoes with onions Vegetable and bean sauté with baked potatoes with onions Fruit	Courgette cream Cabbage salad with pineapple and turkey Tuna macaroni Vegetable macaroni Fruit and strawberry quark	Swiss chard with white beans Caesar salad with chicken, croutons, Cherry tomatoes and Parmesan Potato Tortilla with turkey Potato Tortilla with courgette and onion Fruit	Orange Day Pumpkin cream Orange salad with cheese and seeds Pork sirloin with homemade carrot sauce and couscous Chickpeas with carrots Tangerine
	Kcal: 726,82 Prot: 34 H.C.: 90 Lip: 27 Fibra: 12.32	Kcal: 767,36 Prot: 36 H.C.: 95,92 Lip: 27,4 Fibra: 10	Kcal: 784,54 Prot: 31.5 H.C.: 106 Lip: 24,4 Fibra: 14.26	Kcal: 750,20 Prot: 31.5 H.C.: 95 Lip: 24 Fibra: 11.34	Kcal: 695,21 Prot: 32.5 H.C.: 90 Lip: 25 Fibra: 21
6-10 SEPTEMBER WEEK 2	Beef soup Bean vinaigrette German sausages with rice and homemade tomato sauce Vegetable sausages with rice and homemade tomato sauce Fruit	Lentil soup Tropical salad with peach Baked chicken with caramelised onion and diced potatoes Beet Burger with diced potatoes Fruit	**BANK HOLIDAY**	Carrot cream Seasoned tomatoes with diced soft cheese Bolognese macaroni Vegetable macaroni Fruit and tangerine quark	Watercress soup with beans Garden salad with beans and boiled egg Baked stoker with broccoli gratin Courgette stuffed with ratatouille and quinoa with broccoli gratin Fruit
	Kcal: 727,82 Prot: 39 H.C.: 90 Lip: 26 Fibra: 21	Kcal: 862,82 Prot: 27 H.C.: 98 Lip: 30 Fibra: 12.77		Kcal: 685 Prot: 27,5 H.C.: 84,4 Lip: 22 Fibra: 12.3	Kcal: 677,45 Prot: 30 H.C.: 84,68 Lip: 28.5 Fibra: 23
13-17 SEPTEMBER WEEK 3	Fish soup Garden salad with avocado and asparagus Breaded chicken with garlic pasta Falafel with garlic pasta Fruit	Cauliflower cream Apple salad with cheese and raisins Portuguese style stoker with boiled potatoes Beans with curry and boiled potatoes Fruit	Potatoes, beans and noodles Spring salad with peppers, avocado and seeds Beef with onion and peppers and couscous Vegetable burger with couscous Fruit	Vegetable soup with chickpeas Cabbage salad with tuna and pineapple Pizza with diced turkey Vegetable Pizza Fruit and pear quark	Corn Broth Lentil vinaigrette Chicken and vegetable Paella Vegetable Paella Fruit
	Kcal: 624 Prot: 30 H.C.: 78 Lip: 26,8 Fibra: 8,8	Kcal: 738,8 Prot: 21,38 H.C.: 93,4 Lip: 27 Fibra: 18,40	Kcal: 738,8 Prot: 21,38 H.C.: 93,4 Lip: 27 Fibra: 18,40	Kcal: 886,98 Prot: 27,5 H.C.: 98.44 Lip: 36 Fibra: 21	Kcal: 886,98 Prot: 27,5 H.C.: 98.44 Lip: 36 Fibra: 21
20-24 SEPTEMBER WEEK 4	Courgette and broccoli cream Salad with crunchy cured ham, cherry tomatoes and parmesan Amatriciana macaroni Vegetable macaroni Fruit	Chinese soup Chinese salad with cabbage, carrot, soy, mushrooms and mini corn cobs Three delights rice with sweet and sour chicken and mini Spring rolls Rice with vegetables and beans and mini Spring rolls	Watercress cream with vegetables and beans Pear and corn salad Pork loin with mustard sauce and boiled potatoes Green bean and cauliflower sauté with boiled potatoes Fruit	Swiss chard soup with chickpeas Garden salad with beet, corn, cucumber, carrot and peppers Fish and vegetable Fideua Vegetable Fideua Fruit	Vegetable soup with pinto beans Chickpea salad with tomato, onion, parsley and olives Baked turkey with vegetables and couscous Chickpea tortilla with vegetables Fruit
	Kcal: 704 Prot: 21.54 H.C.: 88.73 Lip: 25 Fibra: 15	Kcal: 797 Prot: 40 H.C.: 92,25 Lip: 25 Fibra: 10	Kcal: 699 Prot: 40 H.C.: 99,7 Lip: 26,59 Fibra: 8,76	Kcal: 680 Prot: 26,7 H.C.: 97 Lip: 23,7 Fibra: 22	Kcal: 794 Prot: 33,9 H.C.: 99 Lip: 26,59 Fibra: 17

ALLERGEN LIST WEEK 1 30th AUGUST - 3rd SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
30	Alphabet soup	X													
30	Mixed salad														
30	Chicken meatballs with rice	X						X							
30	Spinach meatballs with rice														
31	Vegetable soup with chickpeas														X
31	Beet salad with red onion, green sprouts and green pepper														
31	Baked stoker with baked potatoes with onions				X										
31	Vegetable and bean sauté with baked potatoes with onions														X
1	Courgette cream							X							
1	Cabbage salad with pineapple and turkey														
1	Tuna macaroni	X			X										
1	Vegetable macaroni	X													
2	Swiss chard with white beans														X
2	Caesar salad	X						X							
2	Potato Tortilla with turkey			X											
2	Potato Tortilla with courgette and onion			X											
3	Pumpkin cream														
3	Orange salad with cheese and seeds							X							
3	Pork sirloin with homemade carrot sauce and couscous	X													
3	Chickpeas with carrots and couscous	X													X

ALLERGEN LIST WEEK 2 6th – 10th SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Beef soup	X													
6	Bean vinaigrette														X
6	German sausages with rice and homemade tomato sauce														
6	Vegetable sausages with rice and homemade tomato sauce														
7	Lentil soup	X													
7	Tropical salad with peach														
7	Baked chicken with caramelised onion and diced potatoes														
7	Beet Burger with diced potatoes														
9	Carrot cream														
9	Seasoned tomatoes with diced soft cheese							X							
9	Bolognese macaroni	X													
9	Vegetable macaroni	X													
10	Watercress soup with beans														X
10	Garden salad with beans and boiled egg			X											
10	Baked stoker with broccoli gratin	X			X			X							
10	Courgette stuffed with ratatouille and quinoa with broccoli gratin	X						X							

ALLERGEN LIST WEEK 3 13th – 17th SEPTEMBER

Day	DISH	Gluten	Crusta.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Fish soup				X										
13	Garden salad with avocado and asparagus														
13	Breaded chicken with garlic pasta	X		X											
13	Falafel with garlic pasta	X													
14	Cauliflower cream							X							
14	Apple salad with cheese and raisins			X				X			X				
14	Portuguese style stoker with boiled potatoes				X										
14	Beans with curry and boiled potatoes														X
15	Potatoes, beans and noodles	X													
15	Spring salad														
15	Beef with onion and peppers and couscous	X													
15	Vegetable burger with couscous	X													
16	Vegetable soup with chickpeas														X
16	Cabbage salad with tuna and pineapple			X	X										
16	Pizza with diced turkey	X						X							
16	Vegetable Pizza	X						X							
17	Corn Broth			X											
17	Lentil vinaigrette														
17	Chicken and vegetable Paella														
17	Vegetable Paella														

ALLERGEN LIST WEEK 4 20th – 24th SEPTEMBER

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanut	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Courgette and broccoli cream							X							
20	Salad with crunchy cured ham, cherry tomatoes and parmesan							X							
20	Amatriciana macaroni	X													
20	Vegetable macaroni	X													
21	Chinese soup	X													
21	Chinese salad with cabbage, carrot, soy sprouts, mushrooms and corn						X								
21	Three delights rice with sweet and sour chicken and mini Spring rolls	X													
21	Rice with vegetables and beans and mini Spring rolls	X													
22	Watercress cream with vegetables and white beans														X
22	Pear and corn salad														
22	Pork loin with mustard sauce and boiled potatoes										X				
22	Green bean and cauliflower sauté with boiled potatoes														
23	Swiss chard soup with chickpeas														X
23	Garden salad with beet, corn, cucumber, grated carrot and peppers														
23	Fish and vegetable Fideua	X			X										
23	Vegetable Fideua	X													
24	Vegetable soup with pinto beans														
24	Chickpea salad with tomato, onion, parsley and olives														X
24	Baked turkey with vegetables and couscous	X													
24	Chickpea tortilla with vegetables														

- ***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