



	Monday	Tuesday	Wednesday	Thursday	Friday
8-12 APRIL WEEK 1	Noodle soup Salad with cucumber, sweetcorn, piquillo pepper and turkey Chicken meatballs with rice Spinach meatballs	Vegetable soup with beans Salad with apple, raisins and 4 cheeses Ham ravioli Spinach and cheese ravioli	Lentil soup Seasoned tomatoes Baked mini chicken thighs with Provençal herbs and diced potatoes Stuffed peppers Quark & Fruit	Courgette cream Salad with tomato, watercress and soft cheese Loin with with Stroganoff sauce and couscous Pisto con garbanzos	Pumpkin cream Lentil vinaigrette Breaded salmon with boiled potatoes Bean stew with potatoes
15-19 APRIL WEEK 2	Chicken soup Country salad with green beans, tomato and tuna Chicken croquettes with potatoes and homemade tomato sauce Falafel	Pumpkin and courgette cream Cabbage salad with carrot, turkey and pineapple Tuna macaroni Vegetable macaroni	Vegetable cream Caesar salad with chicken, croutons and parmesan Haddock Parmentier Beet burger Quark & Fruit	Swiss chard soup with chickpeas Salad with peach, seeds, lambs lettuce and feta cheese Loin with mustard and rice Chickpea stew	Carrot cream Salad with tomato, cucumber, piquillo pepper and boiled egg Turkey stew Sauteed beans
22-26 APRIL WEEK 3	Earth Day Vegetable soup Salad with cucumber, beet, piquillo pepper and carrot Potato Tortilla Vegan Tortilla	Watercress soup with beans Salad with morrón pepper, sweetcorn, green sprouts and cucumber Fish Fideuá Vegetable Fideuá	Corn broth Salad with apple, raisins and 4 cheeses Fricandeau beef with mushrooms and potato wedges Vegan Nuggets Quark & Fruit	Courgette cream Salad with tomato, watercress and soft cheese Tenderloin in curry and pineapple sauce with couscous Chickpeas with broccoli and pumpkin	Star soup Bean vinaigrette Sweet and sour chicken with honey sauce, carrots and boiled potatoes Spinach meatballs
29 APRIL-3 MAY WEEK 4	Beef soup Salad with tomato, cucumber, onion, red pepper and sweetcorn Tortellini tricolore with homemade tomato sauce Vegetable pasta	Pea Cream Salad with pear and toasted corn Grilled marinated pork loin with potatoes and fresh tomato sauce English-style beans	BANK HOLIDAY	Vegetable soup with chickpeas Salad with grated carrot, mozzarella, watercress and peach Chilindrón-style chicken with rice Peppers stuffed with rice and vegetables	Leek and mushroom cream Pasta salad with carrot, tomato, turkey, cheese and parsley Hake stew with prawns Lentil stew

WEEK 1	Cal. 561 Prot. 41,49 Hc. 56,44 Gr. 17,52 Fibra 3,9	Cal. 805 Prot. 41,7 Hc. 99,66 Gr. 31,4 Fibra 8	Cal. 1060 Prot. 52,98 Hc. 98,32 Gr. 51,88 Fibra 10	Cal. 546 Prot. 38,6 Hc. 42,31 Gr. 24 Fibra 9,9	Cal. 606 Prot. 27,1 Hc. 50,5 Gr. 31,9 Fibra 11
WEEK 2	Cal. 614 Prot. 39 Hc. 35,6 Gr. 32,8 Fibra 5	Cal. 820 Prot. 40,1 Hc. 81,8 Gr. 36,4 Fibra 13,2	Cal. 499 Prot. 26 Hc. 52,5 Gr. 19 Fibra 7	Cal. 706 Prot. 53,3 Hc. 70,4 Gr.24 Fibra 7,6	Cal. 467 Prot. 32,09 Hc. 44,9 Gr. 15,8 Fibra 6,1
WEEK 3	Cal. 299 Prot. 20,83 Hc. 24,46 Gr. 13,33 Fibra 3	Cal. 1146 Prot. 58,02 Hc. 105,9 Gr. 56,5 Fibra 10,8	Cal. 547 Prot. 22,61 Hc. 35,78 Gr. 30,22 Fibra 5,7	Cal. 546 Prot. 38,6 Hc. 42,31 Gr. 24 Fibra 9,9	Cal. 933 Prot. 66 Hc. 110,6 Gr. 25,6 Fibra 17,4
WEEK 4	Cal. 624 Prot. 22,8 Hc. 83,9 Gr. 27,9 Fibra 5,5	Cal. 731 Prot. 37,39 Hc. 70,15 Gr. 33,63 Fibra 10,95	BANK HOLIDAY	Cal. 955 Prot. 65,36 Hc. 86,4 Gr. 37,99 Fibra 5,4	Cal. 362 Prot. 17,56 Hc. 35,88 Gr. 16,13 Fibra 4,2

***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, normally on Wednesdays.
- 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:

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7FITNESS

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