



	Monday	Tuesday	Wednesday	Thursday	Friday
5-9 FEBRUARY WEEK 1	Noodle soup Salad with mini corncobs and red pepper Gallega-style hake with sauted potatoes Beans with curry	Watercress soup with beans Salad with cucumber, onion, carrot, olives and tomato Loin with plum sauce and rice Chickpea stew	Red lentils cream Chicken and apple salad yogurt sauce Ham ravioli with pumpkin, ricotta and parmesan sauce Spinach ravioli with pumpkin, ricotta and parmesan sauce Quark & Fruit	Cauliflower cream Salad with tomato, feta cheese, cucumber, black olives and red onion Chicken with vegetable sauce and couscous Stuffed peppers	Vegetable soup Bean vinaigrette Squid tips with boiled potatoes and mojo Falafel with boiled potatoes
12-16 FEBRUARY WEEK 2	SCHOOL HOLIDAY	BANK HOLIDAY	Star soup Salad with red pepper, tomato, cucumber and sprouts Baked eggs with ham and cheese and rice Courgette stuffed with rice Quark & Fruit	Pumpkin cream Bean vinaigrette Pasta spirals with tuna Pasta spirals with vegetables	Swiss chard soup with white beans Seasoned tomatoes Chicken with korma sauce and mashed potatoes Chickpeas with carrots
19-23 FEBRUARY WEEK 3	Fish soup with rice Cabbage salad with apple and carrot Kentucky style chicken breast with potatoes Vegan nuggets with potatoes	Carrot and leek cream Watercress salad, soft cheese and tomato Octopus Paella Vegetable Paella	Pumpkin cream Mixed salad with tomato, red pepper, green pepper and tuna Turkey with mustard and honey sauce with couscous Lentil sauté with couscous Lemon cream & Fruit	Lentil soup Salad with pear, toasted corn and cheese Fideuá with haddock Beans with ratatouille	Vegetable soup with beans Salad with chickpeas, tomato, onion, parsley and olives Beef in mushroom sauce with coriander rice Beet burger with coriander rice
26 FEBRUARY -1 MARCH WEEK 4	Purrusalda (chicken and leek soup) Seasoned tomatoes Marinated loin with potatoes Falafel with potatoes	Watercress soup with beans Salad with apple, raisins and 4 cheese Hake in Meuniere sauce with rice Spinach meatballs	Vegetable soup with chickpeas Pericaña salad with boiled egg, tuna, apple, tomato and sweetcorn Elbow pasta with turkey in soy and vegetables Elbow pasta with vegetables Quark & Fruit	Star soup Quinoa salad with roasted vegetables, feta cheese and avocado Pork stew Black beans stew	Broccoli cream Cabbage salad with carrot, cheese, turkey and pineapple Chicken croquettes with farfalle and homemade tomato sauce Chickpeas with pumpkin

WEEK 1	Cal.761 Prot.32,4 Hc.79,1 Gr. 35,7 Fibra. 6	Cal. 977 Prot.65 HC.130,4 Gr. 20,5 Fibra.13	Cal. 692 Prot.56 HC. 85 Gr.14 Fibra. 14	Cal. 706 Prot. 46 HC. 22,7 Gr. 30 Fibra. 13	Cal. 711 Prot. 49,1 Hc. 95,7 Gr. 23,2 Fibra. 17,4
WEEK 2	SCHOOL HOLIDAY	BANK HOLIDAY	Cal. 737 Prot. 45,46 Hc. 51,2 Gr. 28,65 Fibra. 6,8	Cal. 918 Prot. 30,5 Hc.172 Gr. 8,5 Fibra. 10,6	Cal. 991 Prot.60,1 Hc. 86,7 Gr. 46,4 Fibra: 9,4
WEEK 3	Cal. 785 Prot. 28,4 Hc. 103 Gr. 27,3 Fibra 7	Cal. 838 Prot. 36,7 Hc. 99,4 Gr. 31,3 Fibra 11,7	Cal. 651 Prot. 43,1 Hc. 54,2 Gr. 28,1 Fibra. 6,6	Cal. 800 Prot. 43 HC. 86,3 Gr. 33,8 Fibra. 11	Cal. 832 Prot. 63,4 Hc .92,9 Gr. 23 Fibra. 14,4
WEEK 4	Cal. 677 Prot. 43 Hc. 68,02 Gr. 26,68 Fibra.12	Cal. 882 Prot. 54,40 Hc.92,3 Gr. 34 Fibra. 10,80	Cal.1023 Prot.59,5 Hc.134,9 Gr. 26,75 Fibra.12	Cal.724 Prot. 41,46 Hc.92 Gr. 22,73 Fibra. 29,8	Cal. 812 Prot.45,2 Hc. 99 Gr. 25,6 Fibra.9

***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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