



	Monday	Tuesday	Wednesday	Thursday	Friday
8-12 JANUARY WEEK 1	Vegetable soup Salad with pear, toasted corn and cheese Rice with chicken, Chistorra crumbs and vegetables Vegetable Paella	Lentil soup Kale salad with apple, turkey, red pepper and seeds with mustard and honey dressing Tuna macaroni Vegetable macaroni	Vegetable soup with chickpeas Lentil salad with spinach, cherry tomatoes, red pepper and lemon dressing Baked haddock with green mojo and boiled potatoes Vegetable burger Fruit & Quark	Carrot and courgette cream Salad with quinoa, beet, arugula and feta cheese with tahini and orange dressing Turkey with teriyaki sauce and couscous Couscous sauté with green beans, mushrooms, cherry tomatoes and chickpeas	Spinach cream Cabbage salad with apple and carrot Marinated loin with elbow pasta Chickpea stew
15-19 JANUARY WEEK 2	Star soup Mixed salad with tomato, cucumber, onion, red and green pepper Chicken meatballs with carrot sauce and rice Spinach meatballs with rice	Watercress soup with beans Salad with quinoa, peach, onion and seeds Hake fritters with boiled potatoes and mojo Falafel with boiled potatoes	Broccoli cream Salad with watercress, tomato and soft cheese Turkey with garlic and pilaf rice with raisins and carrots Stuffed peppers Fruit & Quark	Pumpkin cream Bean vinaigrette Ham ravioli with cheese sauce Vegetable ravioli	Vegetable cream Caesar salad with chicken, cherry tomatoes, croutons and parmesan Potato Tortilla Potato and courgette Tortilla
22-26 JANUARY WEEK 3	Noodle soup Lentil vinaigrette Rice with chicken sausages, French omelette, peas and homemade tomato sauce Vegetable rolls with rice	Swiss chard soup with chickpeas Salad with apple, cheese and raisins Bolognese Rigatoni Lentil bolognese Rigatoni	Vegetable cream Salad with beet, green sprouts, sweet corn and seeds Thai-style chicken with coconut milk, red pepper and curry with couscous Chickpea stew Fruit & Quark	Corn broth Greek salad with cucumber, cherry tomato, black olives, feta cheese and oregano dressing Breaded salmon with mustard and dill sauce and mashed potatoes Beet burger with rice	Carrot cream Seasoned tomatoes Turkey stew Bean stew with vegetables
29 JANUARY -2 FEBRUARY WEEK 4	Alphabet soup Salad with peach, seeds and cheese Squid Rabas with boiled potatoes and mojo Beans with curry and boiled potatoes	Vegetable soup with beans Mixed salad with tomato, onion, olives and tuna Gnocchi Carbonara Vegetable Gnocchi	Cauliflower cream Rocket salad with Serrano ham, apple and parmesan Breaded chicken with sautéed carrots and mushrooms with baked potatoes seasoned with thyme and garlic Falafel with baked potatoes seasoned with thyme and garlic Fruit & Quark	Watercress soup Cabbage salad with cheese, carrot and pineapple Beef stew Lentil stew	Pumpkin cream Salad with tangerine, cheese and seeds Tenderloin stuffed with ham and cheese with sautéed baby carrots, pineapple sauce and rice Chickpeas with mushrooms


WEEK 1	Cal. 725 Prot. 41,29 Hc.57 Gr. 30,1 Fibra 14,7	Cal. 1096 Prot. 59,7 Hc 155 Gr. 24,9 Fibra 13	Cal. 668 Prot. 41,6 Hc. 100 Gr. 20,1 Fibra 20,3	Cal. 1001 Prot. 71,58 Hc. 105 Gr. 33,41 Fibra 22	Cal. 801 Prot. 46,2 Hc. 108,2 Gr. 17,5 Fibra 8,7
WEEK 2	Cal. 901 Prot. 36,9 Hc.109,9 Gr. 35,5 Fibra 10	Cal. 1378 Prot. 81 Hc.185 Gr. 42,5 Fibra 21	Cal. 632 Prot. 46,2 Hc. 51,5 Gr. 17,5 Fibra 7,3	Cal. 836 Prot. 33,6 Hc.132 Gr. 16,4 Fibra 12,5	Cal. 679 Prot. 33.97 Hc. 84.92 Gr. 22.65 Fibra 12.5
WEEK 3	Cal. 692 Prot. 42,81 Hc 72,1 Gr. 24,38 Fibra 8,1	Cal. 1016 Prot. 48,9 Hc 101,4 Gr. 39,5 Fibra 14,6	Cal. 1084 Prot. 65 Hc.145 Gr. 29 Fibra 34,8	Cal. 827 Prot. 32,2 Hc.95 Gr. 36,4 Fibra 8,8	Cal. 682.46 Prot. 34.12 Hc 85 Gr. 22.75 Fibra 10.12
WEEK 4	Cal. 745 Prot. 28,6 Hc.110 Gr. 22,7 Fibra 13,4	Cal. 894 Prot. 44,3 Hc 105 Gr. 33,58 Fibra 15	Cal. 1284 Prot. 44 Hc.134 Gr. 64,6 Fibra 18	Cal. 1155 Prot. 65 Hc 120 Gr. 48 Fibra 29	Cal. 678.47 Prot. 33.92 Hc 84.81 Gr. 22.62 Fibra. 10.62

***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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