



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>3-7 JUNE WEEK 1</b>	<p>Star soup</p> <p>Cabbage salad with carrot and apple</p> <p>Grilled chicken with lemon and herbs, sweet potato and baked red pepper with couscous</p> <p>Lentils with baby carrots and couscous</p>	<p>Vegetable cream</p> <p>Salad with cheese, pear and toasted corn</p> <p>Hake with boiled potatoes and mojo</p> <p>Chickpeas with vegetables and boiled potatoes</p>	<p>Watercress soup with beans</p> <p>Salad with tomato, onion, sweetcorn and pepper</p> <p>Ham ravioli with homemade tomato sauce</p> <p>Cheese and spinach ravioli with homemade tomato sauce</p> <p>Quark &amp; fruit</p>	<p>Lentil soup</p> <p>Seasoned tomatoes</p> <p>Turkey with tropical sauce and rice</p> <p>Peppers stuffed with rice and vegetables</p>	<p>Pumpkin cream</p> <p>Pasta salad with turkey, sweetcorn, tomato, red pepper and parsley</p> <p>Beef croquettes with potatoes</p> <p>Spinach croquettes</p>
<b>10-14 JUNE WEEK 2</b>	<p>Vegetable soup with rice</p> <p>Salad with crab, sweetcorn and pineapple</p> <p>Squid Rabas with boiled potatoes and mojo</p> <p>Lentil stew</p>	<p>Pumpkin and leek cream</p> <p>Salad with orange, cheese and seeds</p> <p>Rice with meat spring rolls, baby carrots and homemade tomato sauce</p> <p>Rice with chickpeas and ratatouille</p>	<p>Vegetable soup with chickpeas</p> <p>Cabbage salad with red pepper, carrot, beet and sweetcorn</p> <p>Elbow pasta with beef Bolognese</p> <p>Vegetable elbow pasta</p> <p>Quark &amp; fruit</p>	<p>Cauliflower cream</p> <p>Salad with apple, raisins and cheese</p> <p>Sautéed turkey breast with pepper, onion, mushrooms and courgette with couscous</p> <p>Bean stew with curry and couscous</p>	<p>Swiss chard soup</p> <p>Salad with beans, avocado, tomato, black olives and parsley</p> <p>Tenderloin with onion and peppers and potatoes</p> <p>Courgette stuffed with rice and vegetables</p>
<b>17-21 JUNE WEEK 3</b>	<p>Noodle soup</p> <p>Salad with peach, seeds, lamb's lettuce and Piquillo peppers</p> <p>Beef and vegetable Paella</p> <p>Vegetable Paella</p>	<p>Courgette and broccoli cream</p> <p>Salad with spinach, feta cheese, raisins and cherry tomatoes</p> <p>Roasted turkey with caramelised onion and potato wedges</p> <p>Chickpeas with pumpkin and vegetables</p>	<p>Corn broth</p> <p>Mixed salad with tomato, onion, cucumber, carrot, sweetcorn and tuna</p> <p>Pork stew with couscous</p> <p>Lentil sauté</p> <p>Quark &amp; fruit</p>	<p>Carrot cream</p> <p>Lentil vinaigrette</p> <p>Haddock Fideua with vegetables</p> <p>Vegetable Fideua</p>	<p>Vegetable soup with beans</p> <p>Watercress salad with tomato and soft cheese</p> <p>Kentucky style chicken with potatoes</p> <p>Falafel</p>
<b>24-28 JUNE WEEK 4</b>	<p><b>BANK HOLIDAY</b></p>	<p>Star soup</p> <p>Salad with beet, green pepper, green sprouts and onion</p> <p>Marinated loin with potatoes</p> <p>Beet burger with potatoes</p>	<p>Broccoli cream</p> <p>Bean vinaigrette</p> <p>Rigatoni with chicken</p> <p>Vegetable Rigatoni</p> <p>Quark &amp; fruit</p>	<p>Pumpkin cream</p> <p>Seasoned tomatoes</p> <p>Pizza with turkey</p> <p>Vegetable pizza</p>	<p>Lentil soup</p> <p>Cabbage salad with carrot, turkey pineapple and cheese</p> <p>Potato Tortilla</p> <p>Vegan potato Tortilla</p>

# ALLERGEN LIST

## WEEK 1

## 3<sup>rd</sup> – 7<sup>th</sup> JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
3	Star soup	X					X				X				
3	Cabbage salad with carrot and apple			X											
3	Grilled chicken with lemon and herbs, sweet potato and baked red pepper with couscous	X													
3	Lentils with baby carrots and couscous	X													
4	Vegetable cream														
4	Salad with cheese, pear and toasted corn							X	X						
4	Hake with boiled potatoes and mojo	X			X										
4	Chickpeas with vegetables and boiled potatoes														
5	Watercress soup with beans														
5	Salad with tomato, onion, sweetcorn and pepper														
5	Ham ravioli with homemade tomato sauce	X		X				X							
5	Cheese and spinach ravioli with homemade tomato sauce	X		X				X							
6	Lentil soup														
6	Seasoned tomatoes														
6	Turkey with tropical sauce and rice							X							
6	Peppers stuffed with rice and vegetables							X							
7	Pumpkin cream														
7	Pasta salad with turkey, sweetcorn, tomato, red pepper and parsley	X					X				X				
7	Beef croquettes with potatoes	X						X							
7	Spinach croquettes	X						X							

# ALLERGEN LIST

## WEEK 2

## 10<sup>th</sup> – 14<sup>th</sup> JUNE

Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
10	Vegetable soup with rice														
10	Salad with crab, sweetcorn and pineapple		X		X									X	
10	Squid Rabas with boiled potatoes and mojo	X	X	X	X		X	X						X	X
10	Lentil stew														
11	Pumpkin and leek cream							X							
11	Salad with orange, cheese and seeds							X	X						
11	Rice with meat spring rolls and baby carrots	X		X			X	X							
11	Rice with chickpeas and ratatouille														
12	Vegetable soup with chickpeas														
12	Cabbage salad with red pepper, carrot, beet and sweetcorn														
12	Elbow pasta with beef Bolognese	X					X				X				
12	Vegetable elbow pasta	X					X				X				
13	Cauliflower cream							X							
13	Salad with apple, raisins and cheese							X							
13	Sautéed turkey breast with pepper, onion, mushrooms and courgette with couscous	X													
13	Bean stew with curry and couscous	X													
14	Swiss chard soup														
14	Salad with beans, avocado, tomato, black olives and parsley														
14	Tenderloin with onion and peppers and potatoes														
14	Courgette stuffed with rice and vegetables							X							





<b>WEEK 1</b>	Cal. 602 Prot. 34,2 Hc.69,2 Gr. 5,6 Fibra 9,9	Cal. 694 Prot. 39 Hc. 61,5 Gr. 33,4 Fibra 10	Cal. 899 Prot. 52,1 Hc. 104 Gr. 28,5n Fibra 7	Cal. 829 Prot. 57,37 Hc.84,62 Gr.29,78 Fibra 7	Cal. 944 Prot. 47,24 Hc.118 Gr. 31,43 Fibra. 19
<b>WEEK 2</b>	Cal. 620 Prot. 18,4 Hc. 66,9 Gr. 31,5 Fibra 12	Cal. 494 Prot. 14,69 Hc. 60,3 Gr. 20,5 Fibra 6,7	Cal. 1098 Prot. 53,96 Hc. 141 Gr. 35 Fibra 8,5	Cal. 617 Prot. 34,6 Hc. 45,2 Gr. 29 Fibra 9,4	Cal. 736 Prot. 36.85 Hc. 92 Gr. 24.57 Fibra. 7.94
<b>WEEK 3</b>	Cal. 749 Prot. 40,4 Hc. 95,5 Gr. 23,1 Fibra 5,37	Cal. 734 Prot. 41 Hc. 61,91 Gr. 36 Fibra 9,8	Cal. 626 Prot. 41,9 Hc. 54,7 Gr. 27,45 Fibra 11,1	Cal. 332 Prot. 13,7 Hc. 38,9 Gr. 11,8 Fibra 13,7	Cal. 643 Prot. 32,2 Hc. 80 Gr. 21,47 Fibra. 7.95
<b>WEEK 4</b>	<b>BANK HOLIDAY</b>	Cal. 624 Prot. 32, Hc. 51 Gr. 17,1 Fibra 13,1	Cal. 606 Prot. 32,5 Hc. 100 Gr. 6,7 Fibra 14	Cal. 519 Prot. 27,85 Hc. 45,6 Gr. 23,7 Fibra 4,5	Cal. 768 Prot. 38,41 Hc. 96 Gr. 25.61 Fibra 11

### \*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 5<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

**STUDIO**  
7FITNESS

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