

	Monday	Tuesday	Wednesday	Thursday	Friday
	Noodle soup	Watercress soup with beans	Courgette and broccoli cream	Vegetable soup	Pumpkin cream
6-10	Salad with chickpeas, red pepper, cucumber and tomato	Seasoned tomatoes  Chicken with curry and couscous	Salad with pear, toasted corn and cheese	Cabbage salad with pineapple, turkey and carrot	Salad with tangerine, red onion, carrot and cucumber
MAY WEEK 1	Chicken burger with potatoes	Stuffed courgette	Elbow pasta with beef Bolognese	Tenderloin with Strogonoff sauce and rice	Breaded hake with boiled potatoes and homemade tomato
	Beet burger with potatoes		Vegetable elbow pasta	Bean sauté with vegetables	sauce
	Poof sour	Vegetable cream	Quark & Fruit	Curies should some with hooms	Chickpea stew Carrot and leek cream
	Beef soup	vegetable cream	Lentil soup	Swiss chard soup with beans	Carrot and leek cream
13-17	Salad with beet, green sprouts, sweetcorn and seeds	Salad with tomato, sweetcorn, asparagus and green pepper	Bean vinaigrette	Salad with watercress, soft cheese and tomato	Piquillo pepper Escalibada with tuna
MAY	Baked chicken with caramelised	Ham ravioli with homemade	Grilled turkey breast with potatoes	Cod with garlic and rice	Pork sirloin with peppers and
WEEK 2	onion and couscous  Lentil stew	tomato sauce Spinach ravioli	Spinach meatballs with potatoes	Stuffed courgette	onion with soy and honey sauce and boiled potatoes
			Quark & Fruit		Falafel
	Vegetable soup with rice	Cauliflower cream	Corn broth	Broccoli cream	Beans, Potatoes and noodles
20-24	Cabbage salad with carrot and apple	Red cabbage salad with turkey, apple and raisins	Salad with bacon, sweetcorn, cheese and croutons	Lentil vinaigrette	Salad with lamb's lettuce, seeds, asparagus and tomatoes
MAY	Tuna macaroni	Turkey stew with vegetables and	Haddock with boiled potatoes and mojo	Chicken and vegetable Paella	Tenderloin with mustard sauce
WEEK 3	Vegetable pasta spirals	rice	Ratatouille with beans	Vegetable Paella	and potatoes
		Beans with curry and rice	Quark & Fruit		Stewed lentils
	Chicken soup	Watercress soup with beans	Vegetable cream		DIA DE CANARIAS
	Salad with peach, sweetcorn, red onion and seeds	Salad with chickpeas, red pepper, boiled egg and beet	Seasoned tomatoes		Rancho canario Salad with watercress, onion, tomato, cucumber, red pepper,
27-31			Loin with elbow pasta and		olives and tuna
MAY	Squid Rabas with boiled potatoes and mojo	Homemade chicken with rice	homemade tomato sauce	BANK HOLIDAY	Pella de gofio, papas arrugadas
WEEK 4	Beet burger with boiled potatoes and mojo	Stuffed peppers	Falafel with elbow pasta  Quark & Fruit		and mojo with marinated pork Vegetable Ropa Vieja with papas arrugadas and mojo
	and mojo		Quark & Fruit		arrugadas and mojo
					Vanilla custard

	ALLERGEN L			EN LIS	ST	W	EEK 1		6 <sup>th</sup> –						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Noodle soup	Х					Х				Х				
6	Salad with chickpeas, red pepper, cucumber and tomato														
6	Chicken burger with potatoes	Х						Х							
6	Beet burger with potatoes						Х								
7	Vegetable soup														
7	Cabbage salad with pineapple, turkey and carrot			Х											
7	Tenderloin with Strogonoff sauce and couscous	Х						Х							
7	Bean sauté with vegetables														
8	Courgette and broccoli cream							Х							
8	Salad with pear, toasted corn and cheese			Х				Х	Х		Х				
8	Elbow pasta with beef Bolognese	Х					Х				Х				
8	Vegetable elbow pasta	Х					Х				Х				
9	Watercress soup with beans														
9	Seasoned tomatoes														
9	Chicken with curry and rice							Х							
9	Stuffed courgette	Х													
10	Pumpkin cream														
10	Salad with tangerine, red onion, carrot and cucumber														
10	Breaded hake with boiled potatoes and homemade tomato sauce	Х		Х	Х										
10	Chickpea stew														

			ALLERGEN LIST			WEE	K 2	1	13 <sup>th</sup> - 17 <sup>th</sup> MAY						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Beef soup	Х					Х				Х				
13	Salad with beet, green sprouts, sweetcorn and seeds								Х						
13	Baked chicken with caramelised onion and couscous	Х													
13	Lentil stew														
14	Vegetable cream														
14	Salad with tomato, sweetcorn, asparagus and green pepper														
14	Ham ravioli with homemade tomato sauce	Х		Х				X							
14	Spinach ravioli	Х		Х				Х							
15	Lentil soup														
15	Bean vinaigrette														
15	Grilled turkey breast with potatoes														
15	Spinach meatballs with potatoes						Х								
16	Swiss chard soup with beans														
16	Salad with watercress, soft cheese and tomato							Х							
16	Cod with garlic and rice				Х										
16	Stuffed courgette							Х							
17	Carrot and leek cream							Х							
17	Piquillo pepper Escalibada with tuna				Х										
17	Pork sirloin with peppers and onion with soy and honey sauce and boiled potatoes						х								
17	Falafel	Х													

		ALLEF	RGEN L	.IST		WEEK 3	3	20 <sup>th</sup> – 24 <sup>th</sup> MAY							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Vegetable soup with rice														
20	Cabbage salad with carrot and apple			Χ				Х			Х				
20	Tuna macaroni	Х			Х		Х				Х				
20	Vegetable pasta spirals	Х					Х				Х				
21	Cauliflower cream							Х							
21	Red cabbage salad with turkey, apple and raisins								Х						
21	Turkey stew with vegetables and rice														
21	Beans with curry and rice														
22	Corn broth			Х											
22	Salad with bacon, sweetcorn, cheese and croutons	Х		Х				Х							
22	Haddock with boiled potatoes and mojo				Х										
22	Ratatouille with beans														
23	Broccoli cream							Х							
23	Lentil vinaigrette														
23	Chicken and vegetable Paella														
23	Vegetable Paella														
24	Beans, potatoes and noodles	Х					Х				Х				
24	Salad with lamb's lettuce, seeds, asparagus and tomatoes				Х										
24	Loin with mustard sauce and potatoes			Х				Х			Х				
24	Stewed lentils														

		ALLERGEN LIST			WEEK 4		EK 4 27 <sup>th</sup> – 31 <sup>st</sup> MAY		EK 4 27 <sup>th</sup> – 31 <sup>st</sup> MAY						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
27	Chicken soup	Х					Х				Х				
27	Salad with peach, sweetcorn, red onion and seeds								Х						
27	Squid Rabas with boiled potatoes and mojo	Х	Х	Х	Х		Х	Х						Х	Х
27	Beet burger with boiled potatoes and mojo						Х								
28	Watercress soup with beans														
28	Salad with chickpeas, red pepper, boiled egg and beet			Х											
28	Homemade chicken with rice														
28	Stuffed peppers							Х							
29	Vegetable cream														
29	Seasoned tomatoes														
29	Loin with elbow pasta and homemade tomato sauce	Х						Х							
29	Falafel with elbow pasta	Х													
31	Rancho canario	Х					Х				Х				
31	Salad with watercress, onion, tomato, cucumber, red pepper, olives and tuna				Х										
31	Pella de gofio, papas arrugadas and mojo with marinated pork														
31	Vegetable Ropa Vieja with papas arrugadas and mojo														
31	Vanilla custard							Х							

WEEK 1	Cal. 800 Prot. 34,38 Hc.73,14	Cal. 745 Prot. 63,9 Hc.79,6	Cal. 772 Prot. 27 Hc.103,7	Cal. 856 Prot. 58,08 Hc. 69,22	Cal. 912 Prot.45,61 Hc.114
	Gr. 41,16 Fibra 7	Gr. 18,5 Fibra 8,4	Gr. 27,9 Fibra 9	Gr. 39,88 Fibra 6,5	Gr. 30,41 Fibra 11,70
WEEK 2	Cal. 670 Prot. 43,4 Hc.80,3	Cal. 560 Prot.12,6 Hc.49,6	Cal. 1078 Prot. 72,4 Hc.107	Cal. 785 Prot. 44,89 Hc. 87,6	Cal. 801 Prot.40,05 Hc.100
	Gr. 38,7 Fibra 9,7	Gr. 23,9 Fibra 5,6	Gr. 36,6 Fibra 12	Gr. 28,4 Fibra 64	Gr. 26,7 Fibra 8
WEEK 3	Cal. 379 Prot. 10,8 Hc. 55,1	Cal. 431 Prot. 30,89 Hc. 42,2	Cal. 656 Prot. 41,2 Hc. 64,3	Cal. 554 Prot. 34 Hc. 66	Cal. 808 Prot. 40,40 Hc. 101
	Gr. 11,3 Fibra 3	Gr. 14,5 Fibra 6	Gr. 29 Fibra 11,6	Gr. 15,7 Fibra 14	Gr. 27 Fibra 11
WEEK 4	Cal. 663 Prot. 28,3 Hc. 75,3 Gr. 27,9 Fibra 11	Cal. 942 Prot. 61,91 Hc. 89,24 Gr. 37 Fibra 9	Cal. 796 Prot. 409 Hc. 98 Gr. 25,38 Fibra 4	BANK HOLIDAY	Cal. 829 Prot. 41,45 Hc. 103 Gr. 27,63 Fibra 14

## \*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:

