



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

WEEK 1	Cal. 800 Prot. 34,38 Hc.73,14 Gr. 41,16 Fibra 7	Cal. 745 Prot. 63,9 Hc.79,6 Gr. 18,5 Fibra 8,4	Cal. 772 Prot. 27 Hc.103,7 Gr. 27,9 Fibra 9	Cal. 856 Prot. 58,08 Hc. 69,22 Gr. 39,88 Fibra 6,5	Cal. 912 Prot.45,61 Hc.114 Gr. 30,41 Fibra 11,70
WEEK 2	Cal. 670 Prot. 43,4 Hc.80,3 Gr. 38,7 Fibra 9,7	Cal. 560 Prot.12,6 Hc.49,6 Gr. 23,9 Fibra 5,6	Cal. 1078 Prot. 72,4 Hc.107 Gr. 36,6 Fibra 12	Cal. 785 Prot. 44,89 Hc. 87,6 Gr. 28,4 Fibra 64	Cal. 801 Prot.40,05 Hc.100 Gr. 26,7 Fibra 8
WEEK 3	Cal. 379 Prot. 10,8 Hc. 55,1 Gr. 11,3 Fibra 3	Cal. 431 Prot. 30,89 Hc. 42,2 Gr. 14,5 Fibra 6	Cal. 656 Prot. 41,2 Hc. 64,3 Gr. 29 Fibra 11,6	Cal. 554 Prot. 34 Hc. 66 Gr. 15,7 Fibra 14	Cal. 808 Prot. 40,40 Hc. 101 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 5th July 2011.

Nutritional needs and calories supervised by:

STUDIO
7FITNESS

@7fitness_studio
C/. Remedios Nº4