

~	Monday	Tuesday	Wednesday	Thursday	Friday								
30 OCTOBER-3													
NOVEMBER	SCHOOL HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY								
INOVEIVIDEN	SCHOOL HOLIDAY	SCHOOL HOLIDAY	BANK HOLIDAT	SCHOOL HOLIDAY	SCHOOL HOLIDAY								
	Star soup	Pumpkin cream	Watercress soup with beans	Courgette cream	Spinach soup								
	Pasta salad with tomato, tuna,	with curry, chickpeas and spinach	Seasoned tomatoes	Lentil vinaigrette	Salad with piquillo pepper, sweet								
6-10	sweet corn, red pepper and onion	Salad with apple, cheese and	Seasoned tomatoes	Lentii viiiaigi ette	corn, onion, tomato and beet								
	то по	raisins	Portuguese-style haddock with	Grilled turkey breast with									
NOVEMBER	Pizza pasty		couscous	potatoes	Ham ravioli with homemade								
WEEK 1		Chicken with tropical sauce and			tomato sauce								
	Vegetable rolls	rice	Falafel with couscous	Chickpea stew with potatoes									
		Bean stew with rice	Quark		Spinach ravioli								
	Noodle soup	Lentil soup	Carrot and broccoli cream	Vegetable soup with chickpeas	Corn broth								
	Noodie soup	Lentii 30up	Carrot and broccon cream	vegetable soup with thickpeas	com broth								
	Salad with red onion, sweet corn,	Cabbage salad with turkey,	Escalibada	Salad with pear and toasted corn	Salad with watercress, soft								
13-17	feta cheese, tomato and lamb's	pineapple and cheese			cheese, tomato and cucumber								
NOVEMBER	lettuce		Chicken with apple sauce and	Hake and vegetable Paella									
		Bolognese macaroni	couscous		Turkey stew with vegetables and								
WEEK 2	Squid Rabas with boiled potatoes and mojo	Vegetable macaroni	Spinach meatballs	Vegetable Paella	diced potatoes								
	and mojo	vegetable macaroni	Spinach meatbails		Lentil stew								
	Falafel		Quark		Echtil Stew								
	Fish soup	Cauliflower cream	Pumpkin cream	Swiss chard soup with beans	Vegetable cream								
	Mixed salad with tomato,	Caesar salad	Salad with piquillo pepper, onion,	Cabbage salad with apple	Salad with peach, seeds and								
20-24	cucumber, olives and sweet corn	Haddock marmitako with boiled	cucumber, carrot and beet	Tuna spirals	cheese								
NOVEMBER	Rice with chicken sausages, french	potatoes	Baked chicken with herbs and	runa spirais	Tenderloin with honey mustard								
	omellete y salsa de tomate	potatoes	couscous	Vegetable spirals	and vegetable and potato sauté								
WEEK 3	casera	Beet burger											
		_	Chickpeas with vegetables		Peppers stuffed with rice and								
	Rice with black beans				vegetables								
			Quark										

		ALLERGEN LIST			WEEK 1 6 th – 10 th N					OVEMBER					
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
6	Star soup	Х					Х				Х				
6	Pasta salad with tomato, tuna, sweet corn, red pepper and onion	Х		Х	Х		Х				Х				
6	Pizza pasty	Х		Х				Х							
6	Vegetable rolls	Х					Х								
7	Pumpkin cream with curry, chickpeas and spinach							Х							
7	Salad with apple, cheese and raisins			Х			Х	Х			Х				
7	Chicken with tropical sauce and rice							Х							
7	Bean stew with rice														
8	Watercress soup with beans														
8	Seasoned tomatoes														
8	Portuguese-style haddock with couscous	Х			Х										
8	Falafel con cuscús	Х													
9	Courgette cream							Х							
9	Lentil vinaigrette														
9	Grilled turkey breast with potatoes														
9	Chickpea stew with potatoes														
10	Spinach soup														
10	Salad with piquillo pepper, sweet corn, onion, tomato and beet														
10	Ham ravioli with homemade tomato sauce	Х		Х				Х							
10	Spinach ravioli	Х		Х				Х							

		ALLERGEN LIST			WEEK 2			13 th – 17 th NOVEMBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
13	Noodle soup	Х					Х				Х				
13	Salad with red onion, sweet corn, feta cheese, tomato and lamb's lettuce							Х							
13	Squid Rabas with boiled potatoes and mojo	Х	Х	Х	Х		Х	Х						Х	Х
13	Falafel	Х													
14	Lentil soup														
14	Cabbage salad with turkey, pineapple and cheese							Х							
14	Bolognese macaroni	Х					Х				Х				
14	Vegetable macaroni	Х					Х				Х				
15	Carrot and broccoli cream														
15	Escalibada				Х										
15	Chicken with apple sauce and couscous	Х													
15	Spinach meatballs	Х					Х								
16	Vegetable soup with chickpeas														
16	Salad with pear and toasted corn			Х			Х	Х			Х				
16	Hake and vegetable Paella				Х										
16	Vegetable Paella														
17	Corn broth			Х											
17	Salad with watercress, soft cheese, tomato and cucumber							Х							
17	Turkey stew with vegetables and diced potatoes														
17	Lentil stew														

			ALLERGEN LIST			WEEK 3			20 th – 24 th NOVEMBER						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
20	Fish soup				Х										
20	Mixed salad with tomato, cucumber, olives and sweet corn														
20	Arroz con salchichas de pollo, tortilla francesa y salsa de tomate casera			Х											
20	Rice with black beans														
21	Cauliflower cream							Х							
21	Caesar salad	Х		Х			Х	Х			Х				
21	Haddock marmitako with boiled potatoes				Х										
21	Beet burger														
22	Pumpkin cream														
22	Salad with piquillo pepper, onion, cucumber, carrot and beet														
22	Baked chicken with herbs and couscous	Х													
22	Chickpeas with vegetables														
23	Swiss chard soup with beans														
23	Cabbage salad with apple			Х			Х				Х				
23	Tuna spirals	Х			Х		Х				Х				
23	Vegetable spirals	Х					Х				Х				
24	Vegetable cream														
24	Salad with peach, seeds and cheese							Х	Х						
24	Tenderloin with honey mustard and vegetable and potato sauté						Х	Х			Х				
24	Peppers stuffed with rice and vegetables														

WEEK 1	Cal. 1017 Prot.31 Hc.114	Cal. 927 Prot.37,39 Hc.118	Cal. 1300 Prot.50,2 Hc.137,49	Cal. 1263 Prot. 59,6 Hc.122	Cal. 598.03 Prot.19.93 Hc.74.75
	Gr. 46,8 Fibra 10,1	Gr. 41,5 Fibra 12	Gr. 45,34 Fibra 10,4	Gr. 58,2 Fibra 20	Gr. 29.9 Fibra 10.62
WEEK 2	Cal. 930,6 Prot. 36,9 Hc.131,5	Cal. 1324 Prot. 84,5 Hc.152	Cal. 1132 Prot.90 Hc 105,6	Cal. 1395 Prot.76,5 Hc.164,9	Cal. 841.69 Prot.42.08 Hc.105.21
	Gr. 26,8 Fibra 10	Gr. 42,65 Fibra 10,4	Gr. 22 Fibra 13,4	Gr. 46,4 Fibra 12,9	Gr. 28.06 Fibra 11.63
WEEK 3	Cal. 1020 Prot. 31,3 Hc.109,2	Cal. 1076 Prot. 59,9 Hc.78,6	Cal. 995 Prot. 62,94 Hc.94,07	Cal. 1469 Prot. 67,35 Hc.190	Cal. 692 Prot. 34.63 Hc.86.58
	Gr. 41,1 Fibra 18,5	Gr. 46,5 Fibra 13,6	Gr. 34,5 Fibra 9,9	Gr. 47 Fibra 14,6	Gr. 23.09 Fibra 21.86

*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:

