



	Monday	Tuesday	Wednesday	Thursday	Friday
2-6 OCTOBER WEEK 1	Fish soup Salad with red pepper, tomato, cucumber, onion and tuna Chicken burger with elbow pasta Soy and vegetable burger	Watercress soup Lentil vinaigrette Hake fritters with boiled potatoes and mojo Spinach meatballs with potatoes	Carrot and courgette cream Salad with Piquillo peppers, sweet corn, spinach, baked chicken and red onion Fresh pasta ravioli filled with cheese and homemade tomato sauce Fresh pasta ravioli filled with cheese Quark	Lentil soup Salad with cabbage, carrot, peach and beet Turkey with curry and coconut, Pilaf rice with carrots and raisins Beans with Pilaf rice	Cauliflower cream Salad with spinach, beet, sweet corn, red pepper and green pepper Codfish fritters with potatoes Falafel with potatoes
9-13 OCTOBER WEEK 2	Star soup Salad with black beans, sweet corn, cherry tomatoes, minced carrot and cheese Rice with chicken <i>Valenciana style</i> with peppers and green beans Vegetable rice	Vegetable soup Seasoned tomatoes Potato Tortilla filled with turkey and cheese Potato Tortilla filled with onion and courgette	Pumpkin cream Rocket salad with soft cheese, and avocado Diced pork tenderloin with orange and ginger sauce and couscous Chickpeas with carrots Quark	Bank Holiday	Staff Inset Day
16-20 OCTOBER WEEK 3	Vegetable soup Greek salad with cherry tomatoes, black olives, red onion, cucumber, feta cheese and yoghurt dressing Chicken with mustard and honey sauce and couscous Bean stew with couscous	Watercress soup Bean vinaigrette Bolognese macaroni Vegetable macaroni	Corn broth Chickpea salad with cucumber, onion, tomato, red pepper, green pepper, parsley and lemon vinaigrette Parmesan turkey with rice Vegetable burger with mashed potatoes Quark	Mushroom cream Pasta salad with sweet corn, apple, turkey and cheese Haddock with coriander and lemon sauce with baked vegetables Vegetable Quiche	Courgette cream Seasoned tomatoes Breaded chicken with potato wedges Falafel with potato wedges
23-27 OCTOBER WEEK 4	Chickpea soup Salad with tomato, cucumber, Piquillo peppers and turkey Tuna pasta spirals Vegetable pasta spirals	Carrot and broccoli cream Salad with pear, toasted corn and cheese Turkey with mushroom sauce and rice Stuffed peppers	Vegetable soup Mixed lettuces salad, cherry tomatoes, black olives, tangerine, mozzarella cheese and seeds Hake marmitako with couscous Chickpea stew Quark	Noodles, beans and potatoes Cabbage salad with apple Marinated pork loin with potatoes Lentil stew with potatoes	Pumpkin cream Pico de gallo Nachos with guacamole Chicken Fajitas Vegetable Fajitas Ice cream

ALLERGEN LIST															
WEEK 4															
23 rd – 27 th OCTOBER															
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
23	Chickpea soup														
23	Salad with tomato, cucumber, Piquillo pepper and turkey														
23	Tuna macaroni	X			X		X				X				
23	Vegetable macaroni	X					X				X				
24	Carrot and broccoli cream							X							
24	Salad with pear, toasted corn and cheese							X	X						
24	Turkey with mushroom sauce and rice							X							
24	Stuffed peppers							X							
25	Vegetable soup														
25	Mixed lettuces salad, cherry tomatoes, black olives, tangerine, mozzarella cheese and seeds							X							
25	Hake marmitako with couscous	X			X										
25	Chickpea stew	X													
26	Noodles, beans and potatoes	X					X				X				
26	Cabbage salad with apple			X							X				
26	Marinated pork loin with potatoes							X							
26	Lentil stew with potatoes	X													
27	Pumpkin cream														
27	Pico de gallo														
27	Nachos with guacamole														
27	Chicken Fajitas	X						X							
27	Vegetable Fajitas	X													
27	Ice cream						X	X							

WEEK 1	Cal. 635 Prot. 44,53 Hc. 85 Gr. 10 Fibra 1	Cal. 973 Prot. 53,2 Hc. 103,5 Gr. 40,7 Fibra 14	Cal. 790 Prot. 58,54 Hc. 48,63 Gr. 34,45 Fibra 8,40	Cal. 850 Prot. 44,51 Hc. 108 Gr. 24,54 Fibra 16	Cal.1029 Prot.38,5 Hc. 114,9 Gr.48,8 Fibra 20,6
WEEK 2	Cal. 566 Prot. 33,2 Hc. 77 Gr. 12,9 Fibra 7	Cal. 687 Prot. 28,24 Hc. 51,38 Gr. 46,71 Fibra 11,5	Cal. 731 Prot. 46,94 Hc. 51,08 Gr. 38,36 Fibra 14,2	Holiday	Staff Inset Day
WEEK 3	Cal. 705 Prot. 43,9 Hc. 52,7 Gr. 34 Fibra 9	Cal. 833 Prot. 28,6 Hc. 95,8 Gr. 37,9 Fibra 13,9	Cal. 1137 Prot. 41,88 Hc. 164,48 Gr. 34,55 Fibra 14,63	Cal. 1038 Prot. 68,3 Hc. 81,7 Gr. 48,4 Fibra 15	Cal. 843 Prot. 32,55 Hc. 68,4 Gr. 45,9 Fibra 10,3
WEEK 4	Cal. 983 Prot. 44,45 Hc. 115,75 Gr. 38,2 Fibra 12,5	Cal. 912 Prot. 34,19 Hc. 108,5 Gr. 35,7 Fibra 13	Cal. 861 Prot. 67,5 Hc. 67,06 Gr. 36,4 Fibra 18,5	Cal. 920 Prot. 47,55 Hc. 107 Gr. 35,05 Fibra 21,35	Cal. 893 Prot. 36,2 Hc. 74,2 Gr. 52,3 Fibra 4

***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 N°4