200					
	Monday	Tuesday	Wednesday	Thursday	Friday
31 AUGUST & 1	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Star soup Seasoned tomatoes	Vegetable cream Bean vinaigrette
SEPTEMBER	SCHOOL HOLIDAY	SCHOOL HOLIDAT	SCHOOL HOLIDA	Hake fritters with boiled potatoes and mojo	Chicken with mustard and honey with rice and carrots
WEEK 1				Falafel with boiled potatoes Cal. 762.68 Prot. 38.13 HC.95.38	Vegetable spring rolls with rice Cal. 1038.71 Prot. 51.94 HC.129.84
				Lip. 25.42 Fibra. 8.94	Lip. 36.62 Fibra. 23.59
	Noodle soup	Lentil soup	Pumpkin cream Salad with con tomato, sweet	Carrot and broccoli cream Salad with cherry tomatoes, tuna,	
4-8	Cabbage salad with turkey, pineapple, carrot and cheese	Tropical salad with peach, seeds, red onion and cheese	corn, cucumber and carrot	black olives and onion	Bank Holiday
SEPTEMBER WEEK 2	Marinated loin with potatoes	Fish Paella	Ham ravioli with homemade tomato sauce Spinach ravioli	Chicken curry with carrots and couscous Courgette stuffed with rice and	bank frontary
VVEER 2	Lentil stew with potatoes	Vegetable Paella	Quark & fruit	vegetables	
	Cal. 668.70 Prot. 34.34 HC.85.84	Cal. 679.83 Prot. 33.99 HC.84.98	Cal. 788.46 Prot. 39.42 HC.98.56	Cal. 646.22 Prot. 33.97 HC.80.78	
	Lip. 22.89 Fibra. 7.5 Vegetable soup with rice	Lip. 22.66 Fibra. 14.64 Cauliflower cream	Lip. 26.28 Fibra. 10.8 Vegetable cream	Lip. 21.54 Fibra. 12.50 Courgette cream	Corn broth
	Salad with cucumber, sweet corn,	Lentil vinaigrette	Salad with chickpeas, sweet corn,	Cabbage salad with carrot and	com broth
	tomato, red pepper, onion and		tomato, feta cheese and lamb's	apple	Salad with red cabbage, tomato,
11-15	beet	Breaded hake with boiled	lettuce		carrot, apple and raisins
SEPTEMBER		potatoes and mojo	Elbow pasta with tuna	Grilled turkey with potatoes	
	Baked chicken with apple sauce	Spinach meatballs with boiled	Elbow pasta with vegetables	Lentil stew	Meat pie
WEEK 3	and rice	potatoes			Vegetable pie
	Bean stew with rice Cal726.19 Prot. 36.31 HC.90.77	Cal. 764.69 Prot. 38.28 HC.95.59	Quark & fruit	0.1.505.55.0	Cal. 614 Prot. 30.7 HC.76.75
	Lip. 24.11 Fibra. 7.22	Lip. 25.49 Fibra. 7.87	Cal. 707.25 Prot. 30.7 HC.88.41 Lip. 13.58 Fibra. 13.57	Cal. 606.56 Prot. 30.43 HC.76.07 Lip. 20.29 Fibra. 8.01	Lip. 20.47 Fibra. 11.70
	Noodle soup	Swiss chard soup with beans	Lentil soup	Carrot and leek cream	Broccoli cream
		•	Salad with watercress, cucumber,	Salad with beans, avocado,	
	Cabbage salad with peach, piquillo	Salad with beet, green pepper,	tomato and soft cheese	tomato, black olives and parsley	Salad with apple, raisins and
18-22	peppers and red onion	green sprouts and tomato			cheese
			Turkey with orange sauce and	Riojana style haddock with boiled	
SEPTEMBER	Chicken croquettes with potatoes	Bolognese macaroni	couscous	potatoes and mojo	Chicken Paella with vegetables
WEEK 4	Chickpea stew	Vegetable macaroni	Beet burger with couscous	Falafel with boiled potatoes and mojo	Vegetable Paella
	Chickped Stew	vegetable macarom	Quark & fruit	mojo	vegetable i della
	Cal. 867.54 Prot. 27.81 HC.82.94 Lip. 39.46 Fibra. 11.28	Cal. 864.06 Prot. 43.2 HC.108.01 Lip. 28.80 Fibra. 23.12	Cal. 867.54 Prot. 27.81 HC.82.94 Lip. 39.46 Fibra. 11.28	Cal. 717.72 Prot. 35.89 HC.89.72 Lip. 8.62 Fibra. 11.28	Cal. 667.23 Prot. 33.36 HC. 83.4 Lip. 22.24 Fibra. 16.56
	Star soup	Vegetable soup with chickpeas	Pumpkin cream	Spinach, broccoli and pumpkin	Watercress soup
	Salad with tomato, onion, sweet		Lentil salad with, mozzarella,	cream	
	corn and piquillo pepper	Cabbage salad, with carrot and	avocado, carrot and seeds	Seasoned tomatoes	Salad with pear, toasted corn and
25-29	Chicken meatballs with carrot	apple	Loin with mixed vegetables and	Fricassee chicken thighs with leek,	cheese
SEPTEMBER	sauce and rice	Pasta spirals with Neapolitan	couscous	carrot, thyme, onion and boiled	Tuna lasagna
	Spinach meatballs with carrot	sauce	Bean ratatouille with tomato	potatoes	Tulia lasagila
WEEK 5	sauce and rice			Chickpeas with vegetables and	Vegetable lasagna
		Vegetable pasta spirals	Quark & fruit	boiled portatoes	5
	Cal. 1112.23 Prot. 55.61 HC.139.03	Cal. 738.64 Prot. 36.93 HC.92.33	Cal. 892.46 Prot. 44.62 HC.11.56	Cal. 796.42 Prot. 39.82 HC.99.55	Cal. 1029.8 Prot. 51.49 HC.128.73
	Lip. 55.61 Fibra. 13	Lip. 24.62 Fibra. 13.71	Lip. 29.75 Fibra. 8.34	Lip. 26.55 Fibra. 8.61	Lip. 34.33 Fibra. 20.37

		ALLERGEN LIST				WEEK	1	31st AUGUST & 1st SEPTEMBER							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
31	Star soup	Х					Х				Х				
31	Seasoned tomatoes														
31	Hake fritters with boiled potatoes	Х	Х	Х	Х		Х	Х						Х	
31	Falafel with boiled potatoes	Х													
1	Vegetable cream														
1	Bean vinaigrette														
1	Chicken with mustard and honey with rice and carrots						Х				Х				
1	Vegetable spring rolls with rice	Х													

	AL	ALLERGEN LIST			WE	EK 2	(4 th – 7	7 th SEPT	ЕМВЕ	R				
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
4	Noodle soup	Х					Х				Х				
4	Cabbage salad with turkey, pineapple, carrot and cheese							Х							
4	Marinated loin with potatoes							Х							
4	Lentil stew with potatoes	Х													
5	Lentil soup	Х													
5	Tropical salad with peach, seeds, red onion and cheese							Х	Х						
5	Fish Paella				Х										
5	Vegetable Paella														
6	Pumpkin cream														
6	Salad with con tomato, sweet corn, cucumber and carrot														
6	Ham ravioli with homemade tomato sauce	Х		X											
6	Spinach ravioli with homemade tomato sauce	Х		Х				Х							
7	Carrot and broccoli cream							Х							
7	Salad with cherry tomatoes, tuna, black olives and onion				Х										
7	Chicken curry with carrots and couscous	Х													
7	Courgette stuffed with rice and vegetables	Х						Х							

	AL	LLERGEN LIST			W	EEK 3		11 th -	· 15 th SE						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
11	Vegetable soup with rice														
11	Salad with cucumber, sweet corn, tomato, red pepper, onion and beet														
11	Baked chicken with apple sauce and rice														
11	Bean stew with rice														
12	Cauliflower cream							Х							
12	Lentil vinaigrette	Х													
12	Breaded hake with boiled potatoes and mojo	Х			Х										
12	Spinach meatballs with boiled potatoes														
13	Vegetable cream														
13	Salad with chickpeas, sweet corn, tomato, feta cheese and lamb's lettuce							Х							
13	Elbow pasta with tuna	Х			Х		Х				Х				
13	Elbow pasta with vegetables	Х					Х				Х				
14	Courgette cream														
14	Cabbage salad with carrot and apple			Х			Х				Х				
14	Grilled turkey with potatoes														
14	Lentil stew	Х													
15	Corn broth			Х											
15	Salad with red cabbage, tomato, carrot, apple and raisins														
15	Meat pie							Х							
15	Vegetable pie							Х							

	Δ	ALLERGEN LIST			W	WEEK 4			18 th – 22 nd SEPTEMBER						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Noodle soup	Х					Х				Х				
18	Cabbage salad with peach, piquillo peppers and red onion														
18	Chicken croquettes with potatoes	Х						Х							
18	Chickpea stew														
19	Swiss chard soup with beans														
19	Salad with beet, green pepper, green sprouts and tomato						Х								
19	Bolognese macaroni	Х					Х				Х				
19	Vegetable macaroni	Х					Х				Х				
20	Lentil soup	Х													
20	Salad with watercress, cucumber, tomato and soft cheese							Х							
20	Turkey with orange sauce and couscous	Х													
20	Beet burger and couscous	Х													
21	Carrot and leek cream														
21	Salad with beans, avocado, tomato, black olives and parsley														
21	Riojana style haddock with boiled potatoes and mojo				Х										
21	Falafel con papas sancochadas y mojo	Х													
22	Broccoli cream							Х							
22	Salad with apple, raisins and cheese							Х			Х				
22	Chicken Paella with vegetables														
22	Vegetable Paella														

	AL	ALLERGEN LIST			WE	EK 5	2	25 th –	29 th SE						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
25	Star soup	Х					Х				Х				
25	Salad with tomato, onion, sweet corn and piquillo pepper														
25	Chicken meatballs with carrot sauce and rice	Х						Х							
25	Spinach meatballs with carrot sauce and rice						Х								
26	Vegetable soup with chickpeas														
26	Cabbage salad, with carrot and apple			Χ			Х				Х				
26	Pasta spirals with Neapolitan sauce	Х					Х				Х				
26	Vegetable pasta spirals	Х					Х				Х				
27	Pumpkin cream														
27	Lentil salad with, mozzarella, avocado, carrot and seeds	Х						Х	Х						
27	Loin with mixed vegetables and couscous	Х													
27	Bean ratatouille with tomato	Х													
28	Spinach, broccoli and pumpkin cream														
28	Seasoned tomatoes														
28	Fricassee chicken thighs with leek, carrot, thyme, onion and boiled potatoes														
28	Chickpeas with vegetables and boiled potatoes														
29	Watercress soup														
29	Salad with pear, toasted corn and cheese			Х			Х	Х		Х					
29	Tuna Lasagna	Х			Х			Х							
29	Vegetable lasagna	Х													

*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:

Cristina Belver Diplomada en Dietética y Nutrición

