

		Turnalau		The same shows	Estates -
	Monday	Tuesday	Wednesday	Thursday	Friday
	Noodle soup	Vegetable soup with beans	Lentil soup Seasoned tomatoes	Courgette cream	Pumpkin cream
	Salad with cucumber, sweetcorn,	Salad with apple, raisins and 4		Salad with tomato, watercress and	Lentil vinaigrette
8-12	piquillo pepper and turkey	cheeses	Baked mini chicken thighs with	soft cheese	
APRIL			Provençal herbs and diced		Breaded salmon with boiled
WEEK 1	Chicken meatballs with rice	Ham ravioli	potatoes	Loin with with Strogonoff sauce and couscous	potatoes
	Spinach meatballs	Spinach and cheese ravioli	Stuffed peppers		Bean stew with potatoes
				Pisto con garbanzos	
			Quark & Fruit		
	Chicken soup	Pumpkin and courgette cream	Vegetable cream Caesar salad with chicken,	Swiss chard soup with chickpeas	Carrot cream
15-19	Country salad with green beans,	Cabbage salad with carrot, turkey	croutons and parmesan	Salad with peach, seeds, lambs	Salad with tomato, cucumber,
	tomato and tuna	and pineapple	Us dels als Denne sustian	lettuce and feta cheese	piquillo pepper and boiled egg
APRIL	Chicken croquettes with potatoes	Tuna macaroni	Haddock Parmentier	Loin with mustard and rice	Turkey stew
WEEK 2	and homemade tomato sauce	Tuna macarom	Beet burger	Loin with mustard and fice	Turkey stew
		Vegetable macaroni	Deerburger	Chickpea stew	Sauteed beans
	Falafel		Quark & Fruit		
	Earth Day	Watercress soup with beans	Corn broth	Courgette cream	Star soup
	Vegetable soup				
		Salad with morrón pepper,	Salad with apple, raisins and 4	Salad with tomato, watercress and	Bean vinaigrette
22-26	Salad with cucumber, beet, piquillo pepper and carrot	sweetcorn, green sprouts and cucumber	cheeses	soft cheese	Sweet and sour chicken with
APRIL	piquillo pepper and carrot	cucumber	Fricandeau beef with mushrooms	Tenderloin in curry and pineapple	honey sauce, carrots and boiled
	Potato Tortilla	Fish Fideuá	and potato wedges	sauce with couscous	potatoes
WEEK 3		- Ish Hacaa		sauce with couseous	potatoes
	Vegan Tortilla	Vegetable Fideuá	Vegan Nuggets	Chickpeas with broccoli and	Spinach meatballs
				pumpkin	
	Destaura		Quark & Fruit		
	Beef soup	Pea Cream		Vegetable soup with chickpeas	Leek and mushroom cream
	Salad with tomato, cucumber,	Salad with pear and toasted corn		Salad with grated carrot,	Pasta salad with carrot, tomato,
29 APRIL-3	onion, red pepper and sweetcorn			mozzarella, watercress and peach	turkey, cheese and parsley
		Grilled marinated pork loin with			· // · · · · · · · · · · · · · · · · ·
MAY	Tortellini tricolore with	potatoes and fresh tomato sauce	BANK HOLIDAY	Chilindrón-style chicken with rice	Hake stew with prawns
WEEK 4	homemade tomato sauce				
		English-style beans		Peppers stuffed with rice and	Lentil stew
	Vegetable pasta			vegetables	

		ALLE	RGEN	LIST		WEEK	(1	8 th – 12 th APRIL			-				
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
8	Noodle soup	Х					Х				Х				
8	Salad with cucumber, sweetcorn, piquillo pepper and turkey														
8	Chicken meatballs with rice	Х						X							
8	Spinach meatballs						Х								
9	Vegetable soup with beans														
9	Salad with apple, raisins and 4 cheeses			Х			Х	Х	Х		Х				
9	Ham ravioli	Х		Х				Х							
9	Spinach and cheese ravioli	Х		Х				Х							
10	Lentil soup														
10	Seasoned tomatoes														
10	Baked mini chicken thighs with Provençal herbs and diced potatoes														
10	Stuffed peppers														
11	Courgette cream							Х							
11	Salad with tomato, watercress and soft cheese							X							
11	Loin with with Strogonoff sauce and couscous	Х													
11	Pisto con garbanzos														
12	Pumpkin cream														
12	Lentil vinaigrette														
12	Breaded salmon with boiled potatoes	Х		Х	X										
12	Bean stew with potatoes														

		ALLERGEN LIST				WEEK	2	15	15 th – 19 th APRIL						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
15	Chicken soup	Х					Х				Х				
15	Country salad with green beans, tomato and tuna				X										
15	Chicken croquettes with potatoes and homemade tomato sauce	X						Х							
15	Falafel	X													
16	Pumpkin and courgette cream							Х							
16	Cabbage salad with carrot, turkey and pineapple			Х				X							
16	Tuna macaroni	Х			X		Х				Х				
16	Vegetable macaroni	Х					Х				Х				
17	Vegetable cream														
17	Caesar salad with chicken, croutons and parmesan	Х		Х	Х		Х	Х	Х		Х				
17	Haddock Parmentier	X			X			Х							
17	Beet burger						Х								
18	Swiss chard soup with chickpeas														
18	Salad with peach, seeds, lambs lettuce and feta cheese							Х	Х						
18	Loin with mustard and rice		Х				Х	Х			Х				
18	Chickpea stew														
19	Carrot cream														
19	Salad with tomato, cucumber, piquillo pepper and boiled egg			Х											
19	Turkey stew														
19	Sauteed beans														

	ALLERGEN		RGEN	LIST	T WEEK 3				22 nd – 26 th APRIL						
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
22	Vegetable soup														
22	Salad with cucumber, beet, piquillo pepper and carrot														
22	Potatoe Tortilla			Х											
22	Vegan Tortilla														
23	Watercress soup with beans														
23	Salad with apple, raisins and 4 cheeses			Х			Х	Х	Х		Х				
23	Fricandeau beef with mushrooms and potato wedges	х													
23	Vegan Nuggets	Х					Х								
24	Corn broth			Х											
24	Salad with morrón pepper, sweetcorn, green sprouts and cucumber														
24	Fish Fideuá	Х			X		Х				X	Х			Х
24	Vegetable Fideuá	Х					Х				Х	Х			
25	Courgette cream							Х							
25	Salad with tomato, watercress and soft cheese							Х							
25	Tenderloin in curry and pineapple sauce with couscous	Х						Х							
25	Chickpeas with broccoli and pumpkin														
26	Star soup														
26	Bean vinaigrette														
26	Sweet and sour chicken with honey sauce, carrots and boiled potatoes														
26	Spinach meatballs						Х								

			ALLERGEN LIST			WEEK 4		29 th APRIL – 3 rd MAY							
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
29	Beef soup	Х					Х				Х				
29	Salad with tomato, cucumber, onion, red pepper and sweetcorn														
29	Tortellini tricolore with homemade tomato sauce	Х		Х				Х							
29	Vegetable pasta	Х					Х				Х				
30	Pea Cream							Х							
30	Salad with pear and toasted corn			Х			Х		Х		Х				
30	Grilled marinated pork loin with potatoes and fresh tomato sauce							Х							
30	English-style beans														
2	Vegetable soup with chickpeas														
2	Salad with grated carrot, mozzarella, watercress and peach							Х							
2	Chilindrón-style chicken with rice														
2	Peppers stuffed with rice and vegetables														
3	Leek and mushroom cream							Х							
3	Pasta salad with carrot, tomato, turkey, cheese and parsley	X						X							
3	Hake stew with prawns		Х		Х									Х	Х
3	Lentil stew														

WEEK 1	Cal. 561 Prot. 41,49 Hc. 56,44	Cal. 805 Prot. 41,7 Hc. 99,66	Cal. 1060 Prot. 52,98 Hc. 98,32	Cal. 546 Prot. 38,6 Hc. 42,31	Cal. 606 Prot. 27,1 Hc. 50,5
	Gr. 17,52 Fibra 3,9	Gr. 31,4 Fibra 8	Gr. 51,88 Fibra 10	Gr. 24 Fibra 9,9	Gr. 31,9 Fibra 11
WEEK 2	Cal. 614 Prot. 39 Hc. 35,6	Cal. 820 Prot. 40,1 Hc. 81,8	Cal. 499 Prot. 26 Hc. 52,5	Cal. 706 Prot. 53,3 Hc. 70,4	Cal. 467 Prot. 32,09 Hc. 44,9
	Gr. 32,8 Fibra 5	Gr. 36,4 Fibra 13,2	Gr. 19 Fibra 7	Gr.24 Fibra 7,6	Gr. 15,8 Fibra 6,1
WEEK 3	Cal. 299 Prot. 20,83 Hc. 24,46	Cal. 1146 Prot. 58,02 Hc. 105,9	Cal. 547 Prot. 22,61 Hc. 35,78	Cal. 546 Prot. 38,6 Hc. 42,31	Cal. 933 Prot. 66 Hc. 110,6
	Gr. 13,33 Fibra 3	Gr. 56,5 Fibra 10,8	Gr. 30,22 Fibra 5,7	Gr. 24 Fibra 9,9	Gr. 25,6 Fibra 17,4
WEEK 4	Cal. 624 Prot. 22,8 Hc. 83,9 Gr. 27,9 Fibra 5,5	Cal. 731 Prot. 37,39 Hc. 70,15 Gr. 33,63 Fibra 10,95	BANK HOLIDAY	Cal. 955 Prot. 65,36 Hc. 86,4 Gr. 37,99 Fibra 5,4	Cal. 362 Prot. 17,56 Hc. 35,88 Gr. 16,13 Fibra 4,2

*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:

