|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $4-8$ <br> MARCH <br> WEEK 1 | Beef soup with noodles <br> Salad with sweetcorn, beet, piquillo pepper and carrot <br> Chicken burger with potatoes <br> Lentil sauté | Pumpkin cream <br> Cabbage salad with ham, cheese and pineapple <br> Tortellini Tricolore with meat <br> Vegetable macaroni | Watercress soup with beans <br> Mixed salad with tomato, onion, cucumber and tuna <br> Turkey with carrot sauce and rice <br> Beet burger <br> Quark \& Fruit | Vegetable soup <br> Bean vinaigrette <br> Tenderloin with couscous and teriyaki sauce <br> Spinach meatballs | Corn broth <br> Salad with tangerine, cucumber, spinach and beet <br> Breaded hake with boiled potatoes and mustard and honey sauce <br> Cauliflower, peas, potatoes and egg |
| 11-15 <br> MARCH <br> WEEK 2 | Vegetable soup <br> Salad with red cabbage, green pepper, red pepper, cucumber and carrot <br> Rice with chicken and carrots <br> Vegetable rice | Courgette and leek cream <br> Caesar salad with parmesan, chicken and croutons <br> Haddock with boiled potatoes and mojo <br> Ratatouille with chickpeas | Beans, potatoes and noodles <br> Seasoned tomatoes <br> Tenderloin with apple sauce and couscous <br> Peppers with vegetables and couscous <br> Quark \& Fruit | Lentil soup <br> Cabbage salad with apple and carrot <br> Ham pizza <br> Vegetable pizza | Swiss chard soup with beans <br> Lentil ceviche with feta cheese, tomato, cucumber, piquillo pepper, parsley, thyme and balsamic vinaigrette <br> Turkey stew <br> Vegetable burger |
| 18-22 <br> MARCH <br> WEEK 3 | Star soup <br> Salad with toasted corn, cheese and pear <br> Meat croquettes with potatoes <br> Falafel | Broccoli cream <br> Salad with beet, sweetcorn, asparagus and piquillo pepper <br> Marinated loin with tricolore Farfalle <br> Vegan nuggets with tricolore Farfalle | FRANCE <br> Leek cream <br> Lentil vinaigrette <br> Baked chicken with fine herbs and potatoes au gratín douphinois <br> Bean curry <br> Fruit \& Mini Croissant | Pumpkin and carrot cream <br> Spinach salad with cherry tomatoes, red pepper and lemon dressing <br> Tuna Lasagna <br> Vegetable Lasagna <br> Quark \& Fruit | Watercress soup with beans <br> Caprese salad with mozzarella <br> Potato Tortilla <br> Vegan Potato Tortilla |
| $\begin{gathered} \text { 25-29 } \\ \text { MARCH } \end{gathered}$ | EASTER HOLIDAYS | EASTER HOLIDAYS | EASTER HOLIDAYS | EASTER HOLIDAYS | EASTER HOLIDAYS |


|  | ALLERGEN LIST |  |  |  | WEEK 1 |  |  | $4^{\text {th }}-8^{\text {th }}$ MARCH |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0 | DISH | Gluten | Crustac. | Egg | Fish | Peanuts | Soy | Milk | Nuts | Celery | Mustard | Sesame | Lupine | Mollusc | Sulph |
| 4 | Beef soup with noodles | X |  |  |  |  | X |  |  |  | X |  |  |  |  |
| 4 | Salad with sweetcorn, beet, piquillo pepper and carrot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Chicken burger with potatoes | X |  |  |  |  |  | X |  |  |  |  |  |  |  |
| 4 | Lentil sauté |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Pumpkin cream |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Cabbage salad with ham, cheese and pineapple |  |  | X |  |  |  | X |  |  |  |  |  |  |  |
| 5 | Tortellini Tricolore with meat | X |  | X |  |  |  | X |  |  |  |  |  |  |  |
| 5 | Vegetable macaroni | X |  |  |  |  | X |  |  |  | X |  |  |  |  |
| 6 | Watercress soup with beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Mixed salad with tomato, onion, cucumber and tuna |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| 6 | Turkey with carrot sauce and rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Beet burger |  |  |  |  |  | X |  |  |  |  |  |  |  |  |
| 7 | Vegetable soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Bean vinaigrette |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Tenderloin with couscous and teriyaki sauce | X |  |  |  |  | X |  |  |  |  |  |  |  | X |
| 7 | Spinach Meatballs |  |  |  |  |  | X |  |  |  |  |  |  |  |  |
| 8 | Corn broth |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| 8 | Salad with tangerine, cucumber, spinach and beet |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | Breaded hake with boiled potatoes and mustard and honey sauce |  |  | X | X |  | X |  |  |  | X |  |  |  |  |
| 8 | Cauliflower, peas, potatoes and egg |  |  | X |  |  |  |  |  |  |  |  |  |  |  |


| ALLERGEN LIST |  |  |  |  | WEEK2 |  |  | $11^{\text {th }}-1.5^{\text {th }}$ MARCH |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Day | DISH | Gluten | Crustac. | Egg | Fish | Peanuts | Soy | Milk | Nuts | Celery | Mustard | Sesame | Lupine | Mollusc | Sulph |
| 11 | Vegetable soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | Salad with red cabbage, green pepper, red pepper, cucumber and carrot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | Rice with chicken and carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 | Vegetable rice |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12 | Courgette and leek cream |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| 12 | Caesar salad with parmesan, chicken and croutons | X |  | X |  |  |  | X |  |  |  |  |  |  |  |
| 12 | Haddock with boiled potatoes and mojo |  |  |  | X |  |  |  |  |  |  |  |  |  |  |
| 12 | Ratatouille with chickpeas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | Beans, potatoes and noodles | X |  |  |  |  | X |  |  |  | X |  |  |  |  |
| 13 | Seasoned tomatoes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | Tenderloin with apple sauce and couscous | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 13 | Peppers with vegetables and couscous | X |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | Lentil soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 14 | Cabbage salad with apple and carrot |  |  | X |  |  |  |  |  |  |  |  |  |  |  |
| 14 | Ham pizza | X |  |  |  |  |  | X |  |  |  |  |  |  |  |
| 14 | Vegetable pizza | X |  |  |  |  |  | X |  |  |  |  |  |  |  |
| 15 | Swiss chard soup with beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 | Lentil ceviche with feta cheese, tomato, cucumber, piquillo peppers, parsley, thyme and balsamic vinaigrette |  |  |  |  |  |  | X |  |  |  |  |  |  |  |
| 15 | Turkey stew |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 | Vegetable burger |  |  |  |  |  | X |  |  |  |  |  |  |  |  |



| WEEK 1 | Cal. 894 Prot. 43,3 Hc. 111,7 Gr. 32 Fibra: 19,7 | Cal 581 Prot $38 \mathrm{Hc} .76,2$ <br> Gr. 19,5 Fibra: 8,1 | Cal. 918 Prot. 75,19 Hc. 91,9 Gr. 27,5 Fibra. 8 | Cal. 889 Prot. 64,9 Hc.89,1 Gr. 28,9 Fibra. 16,9 | Cal. 714 Prot: $29,4 \mathrm{Hc} .90,1$ <br> Gr. 28,5 Fibra. 8,6 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| WEEK 2 | Cal. 469 Prot. 26,94 Hc. 84,9 Gr. 4,75 Fibra. 15,3 | Cal. 615 Prot. 42,73 Hc. 29,72 Gr. 35,2 Fibra: 8 | Cal. 692 Prot. 45,53 Hc. 67,17 Gr. 25,78 Fibra. 12,35 | Cal. 748 Prot. 39,1 Hc. 90,4 Gr. 26,5 Fibra. 10,3 | Cal. 592 Prot. 46,3 Hc. 63,4 Gr. 23,5 Fibra: 19,9 |
| WEEK 3 | Cal. 803 Prot. 27,3 Hc. 75,8 Gr. 44,3 Fibra. 6,8 | Cal. 559 Prot. 39,64 Hc. 76 Gr. 7 Fibra: 15,3 | Cal. 816 Prot. 41,5 Hc. 68,41 Gr. 40,2 Fibra. 17,8 | Cal. 475 Prot. 28,1 Hc. 40,4 Gr. 21,65 Fibra. 4,6 | Cal. 700 Prot. $45,23 \mathrm{Hc} .60,17$ Gr. 32,13 Fibra. 5 |

*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 $5^{\text {th }}$ July 2011.

Nutritional needs and calories supervised by:

## STUDIO

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