

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

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

		ALLE	RGEN I	.IST	WEEK 2		11 th - 15 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							Х							
12	Caesar salad with parmesan, chicken and croutons	Х		X				Х							
12	Haddock with boiled potatoes and mojo				Х										
12	Ratatouille with chickpeas														
13	Beans, potatoes and noodles	Х					Х				Х				
13	Seasoned tomatoes														
13	Tenderloin with apple sauce and couscous	Х													
13	Peppers with vegetables and couscous	Х													
14	Lentil soup														
14	Cabbage salad with apple and carrot			Х											
14	Ham pizza	Х						Х							
14	Vegetable pizza	Х						Х							
15	Swiss chard soup with beans														
15	Lentil ceviche with feta cheese, tomato, cucumber, piquillo peppers, parsley, thyme and balsamic vinaigrette							х							
15	Turkey stew														
15	Vegetable burger						Х								

	ALLERGEN LIST			WEEK	3	18 th – 22 nd MARCH									
Day	DISH	Gluten	Crustac.	Egg	Fish	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	Lupine	Mollusc	Sulph
18	Star soup	Х					Х				Х				
18	Salad with toasted corn, cheese and pear			Х			Х				Х				
18	Meat croquettes with potatoes	Х		Х				Х							
18	Falafel	Х													
19	Broccoli cream							Х							
19	Salad with beet, sweetcorn, asparagus and piquillo pepper														
19	Marinated Ioin with tricolore Farfalle	Х						Х							
19	Vegan nuggets with tricolore Farfalle	Х													
20	Leek cream							Х							
20	Lentil vinaigrette														
20	Baked chicken with fine herbs and potatoes au gratin douphinois							Х							
20	Bean curry														
20	Mini Croissant	Х		Х				Х							
21	Pumpkin and carrot cream														
21	Spinach salad with cherry tomatoes, red pepper and lemon dressing														
21	Tuna Lasagna	Х		Х	Х		Х	Х							
21	Vegetable Lasagna	Х		Х			Х	Х							
22	Watercress soup with beans														
22	Caprese salad with mozzarella							Х							
22	Potato Tortilla			Х											
22	Vegan potato Tortilla			Х											

WEEK 1	Cal. 894 Prot. 43,3 Hc. 111,7	Cal 581 Prot 38 Hc.76,2	Cal. 918 Prot.75,19 Hc. 91,9	Cal. 889 Prot. 64,9 Hc.89,1	Cal. 714 Prot: 29,4 Hc.90,1
	Gr. 32 Fibra: 19,7	Gr. 19,5 Fibra: 8,1	Gr. 27,5 Fibra. 8	Gr. 28,9 Fibra. 16,9	Gr. 28,5 Fibra. 8,6
WEEK 2	Cal. 469 Prot. 26,94 Hc. 84,9	Cal. 615 Prot. 42,73 Hc.29,72	Cal. 692 Prot. 45,53 Hc. 67,17	Cal. 748 Prot. 39,1 Hc. 90,4	Cal. 592 Prot. 46,3 Hc. 63,4
	Gr. 4,75 Fibra. 15,3	Gr. 35,2 Fibra: 8	Gr. 25,78 Fibra. 12,35	Gr. 26,5 Fibra. 10,3	Gr. 23,5 Fibra: 19,9
WEEK 3	Cal. 803 Prot. 27,3 Hc. 75,8	Cal. 559 Prot. 39,64 Hc. 76	Cal. 816 Prot.41,5 Hc. 68,41	Cal. 475 Prot. 28,1 Hc. 40,4	Cal. 700 Prot. 45,23 Hc.60,17
	Gr. 44,3 Fibra. 6,8	Gr.7 Fibra: 15,3	Gr. 40,2 Fibra. 17,8	Gr. 21,65 Fibra. 4,6	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 5th July 2011.

Nutritional needs and calories supervised by:

