



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

WEEK 1	Cal. 894 Prot. 43,3 Hc. 111,7 Gr. 32 Fibra: 19,7	Cal 581 Prot 38 Hc.76,2 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 Hc.90,1 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 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 5th July 2011.

Nutritional needs and calories supervised by:

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