



|                              | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|------------------------------|---|---|---|---|--|
| <b>30 OCTOBER-3 NOVEMBER</b> | <b>SCHOOL HOLIDAY</b>   | <b>SCHOOL HOLIDAY</b>   | <b>BANK HOLIDAY</b>   | <b>SCHOOL HOLIDAY</b>   | <b>SCHOOL HOLIDAY</b>  |
| <b>6-10 NOVEMBER WEEK 1</b>  | Star soup<br>Pasta salad with tomato, tuna, sweet corn, red pepper and onion<br>Pizza pasty<br><b>Vegetable rolls</b>   | Pumpkin cream with curry, chickpeas and spinach<br>Salad with apple, cheese and raisins<br>Chicken with tropical sauce and rice<br><b>Bean stew with rice</b> | Watercress soup with beans<br>Seasoned tomatoes<br>Portuguese-style haddock with couscous<br><b>Falafel with couscous</b><br>Quark                                  | Courgette cream<br>Lentil vinaigrette<br>Grilled turkey breast with potatoes<br><b>Chickpea stew with potatoes</b>        | Spinach soup<br>Salad with piquillo pepper, sweet corn, onion, tomato and beet<br>Ham ravioli with homemade tomato sauce<br><b>Spinach ravioli</b>                       |
| <b>13-17 NOVEMBER WEEK 2</b> | Noodle soup<br>Salad with red onion, sweet corn, feta cheese, tomato and lamb's lettuce<br>Squid Rabas with boiled potatoes and mojo<br><b>Falafel</b>                        | Lentil soup<br>Cabbage salad with turkey, pineapple and cheese<br>Bolognese macaroni<br><b>Vegetable macaroni</b>   | Carrot and broccoli cream<br>Escalibada<br>Chicken with apple sauce and couscous<br><b>Spinach meatballs</b><br>Quark   | Vegetable soup with chickpeas<br>Salad with pear and toasted corn<br>Hake and vegetable Paella<br><b>Vegetable Paella</b> | Corn broth<br>Salad with watercress, soft cheese, tomato and cucumber<br>Turkey stew with vegetables and diced potatoes<br><b>Lentil stew</b>                            |
| <b>20-24 NOVEMBER WEEK 3</b> | Fish soup<br>Mixed salad with tomato, cucumber, olives and sweet corn<br>Rice with chicken sausages, french omellete y salsa de tomate casera<br><b>Rice with black beans</b> | Cauliflower cream<br>Caesar salad<br>Haddock marmitako with boiled potatoes<br><b>Beet burger</b>   | Pumpkin cream<br>Salad with piquillo pepper, onion, cucumber, carrot and beet<br>Baked chicken with herbs and couscous<br><b>Chickpeas with vegetables</b><br>Quark | Swiss chard soup with beans<br>Cabbage salad with apple<br>Tuna spirals<br><b>Vegetable spirals</b>                       | Vegetable cream<br>Salad with peach, seeds and cheese<br>Tenderloin with honey mustard and vegetable and potato sauté<br><b>Peppers stuffed with rice and vegetables</b> |

## ALLERGEN LIST

WEEK 1

6<sup>th</sup> – 10<sup>th</sup> NOVEMBER

| Day | DISH  | Gluten | Crustac. | Egg | Fish | Peanuts | Soy | Milk | Nuts | Celery | Mustard | Sesame | Lupine | Mollusc | Sulph |
|-----|---|--------|----------|-----|------|---------|-----|------|------|--------|---------|--------|--------|---------|-------|
| 6   | Star soup   | X      |          |     |      |         | X   |      |      |        | X       |        |        |         |       |
| 6   | Pasta salad with tomato, tuna, sweet corn, red pepper and onion | X      |          | X   | X    |         | X   |      |      |        | X       |        |        |         |       |
| 6   | Pizza pasty   | X      |          | X   |      |         |     | X    |      |        |         |        |        |         |       |
| 6   | Vegetable rolls   | X      |          |     |      |         | X   |      |      |        |         |        |        |         |       |
| 7   | Pumpkin cream with curry, chickpeas and spinach                 |        |          |     |      |         |     | X    |      |        |         |        |        |         |       |
| 7   | Salad with apple, cheese and raisins                            |        |          | X   |      |         | X   | X    |      |        | X       |        |        |         |       |
| 7   | Chicken with tropical sauce and rice                            |        |          |     |      |         |     | X    |      |        |         |        |        |         |       |
| 7   | Bean stew with rice   |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 8   | Watercress soup with beans                                      |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 8   | Seasoned tomatoes   |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 8   | Portuguese-style haddock with couscous                          | X      |          |     | X    |         |     |      |      |        |         |        |        |         |       |
| 8   | Falafel con cuscús  | X      |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 9   | Courgette cream   |        |          |     |      |         |     | X    |      |        |         |        |        |         |       |
| 9   | Lentil vinaigrette  |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 9   | Grilled turkey breast with potatoes                             |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 9   | Chickpea stew with potatoes                                     |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 10  | Spinach soup  |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 10  | Salad with piquillo pepper, sweet corn, onion, tomato and beet  |        |          |     |      |         |     |      |      |        |         |        |        |         |       |
| 10  | Ham ravioli with homemade tomato sauce                          | X      |          | X   |      |         |     | X    |      |        |         |        |        |         |       |
| 10  | Spinach ravioli   | X      |          | X   |      |         |     | X    |      |        |         |        |        |         |       |





|               |  |   |   |   |   |
|---------------|--|---|---|---|---|
| <b>WEEK 1</b> | Cal. 1017 Prot.31 Hc.114<br>Gr. 46,8 Fibra 10,1      | Cal. 927 Prot.37,39 Hc.118<br>Gr. 41,5 Fibra 12     | Cal. 1300 Prot.50,2 Hc.137,49<br>Gr. 45,34 Fibra 10,4 | Cal. 1263 Prot. 59,6 Hc.122<br>Gr. 58,2 Fibra 20    | Cal. 598.03 Prot.19.93 Hc.74.75<br>Gr. 29.9 Fibra 10.62   |
| <b>WEEK 2</b> | Cal. 930,6 Prot. 36,9 Hc.131,5<br>Gr. 26,8 Fibra 10  | Cal. 1324 Prot. 84,5 Hc.152<br>Gr. 42,65 Fibra 10,4 | Cal. 1132 Prot.90 Hc 105,6<br>Gr. 22 Fibra 13,4       | Cal. 1395 Prot.76,5 Hc.164,9<br>Gr. 46,4 Fibra 12,9 | Cal. 841.69 Prot.42.08 Hc.105.21<br>Gr. 28.06 Fibra 11.63 |
| <b>WEEK 3</b> | Cal. 1020 Prot. 31,3 Hc.109,2<br>Gr. 41,1 Fibra 18,5 | Cal. 1076 Prot. 59,9 Hc.78,6<br>Gr. 46,5 Fibra 13,6 | Cal. 995 Prot. 62,94 Hc.94,07<br>Gr. 34,5 Fibra 9,9   | Cal. 1469 Prot. 67,35 Hc.190<br>Gr. 47 Fibra 14,6   | Cal. 692 Prot. 34.63 Hc.86.58<br>Gr. 23.09 Fibra 21.86    |

**\*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<sup>th</sup> July 2011.

Nutritional needs and calories supervised by:

