

	Wednesday DAY 1	Thursday DAY 2	Friday DAY 3
First		LENTILS & PUMPKIN STEW (9) 	MACARONI IN CARBONARA SAUCE (cream and bacon) (1, 3, 7) 
Option 2		BOILED GREEN BEANS AND POTATOES	VEGETAL TABBOULEH WITH MINT AND LEMON (1, 12) 
Second	HOLIDAY	BREADED CHICKEN (flour, egg and breadcrumbs) (1, 3)	POTATOES AND ONION OMELETTE (3)
Option 2		GRILLED CHICKEN SAUSAGES (12)	MEAT CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14)
Side dishes		LETTUCE, CARROT AND OLIVES SALAD	FRESH SALAD (lettuce, sweet corn and beetroot)
Desserts		FRESH FRUIT	YOGURT (7)

FRESH FRUIT



Gluten
(1)



Crustaceans
(2)



Eggs
(3)



Fish
(4)



Peanuts
(5)



Soy
(6)



Milk
(7)



Nuts
(8)



Celery
(9)



Mustard
(10)



Sesame
(11)



Sulfites
(12)







Lupins
(13)




Molluscs
(14)



	Monday DAY 6	Tuesday DAY 7	Wednesday DAY 8	Thursday DAY 9	Friday DAY 10
First	BOILED PEAS AND POTATOES	CHICKPEAS STEW WITH PORK LOIN AND "CHORIZO" (12) 	VEGETABLES CREAM (zucchini, carrot and potato)	RICE WITH HOMEMADE TOMATO SAUCE	HOMEMADE MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9) 
Option 2	CURRY BASMATI RICE WITH VEGETABLES	BOILED SWISS CHARD WITH POTATOES	ALFREDO SPIRALS (1, 3, 7, 12) 	BOILED MIXED VEGETABLES	GRILLED VEGETABLES
Second	AU GRATIN MEAT CANNELLONI WITH BECHAMEL (1, 2, 3, 4, 5, 6, 7, 8, 12)	GRILLED CHICKEN	GRILLED LOIN ON THE FINE HERBS	BAKED JOHN DORY (4)	COOKED HAM OMELETTE (3, 6, 7, 9, 12)
Option 2	GRILLED HAKE WITH GARLIC AND PARSLEY (4)	GRILLED PORK & BEEF BURGUER (12)	GRILLED TUNA (1, 4, 6)	CHICKEN IN MOLE SAUCE (1, 2, 4, 5, 6, 7, 8)	TURKEY STEW
Side dishes	FRESH SALAD	FRESH SALAD	SAUTED COUSCOUS (1, 6) 	FRESH SALAD	BOILED VEGETALBES
Desserts	FRESH FRUIT	CUSTARD (3, 7)	FRESH FRUIT	YOGURT (7)	FRESH FRUIT









FRESH FRUIT

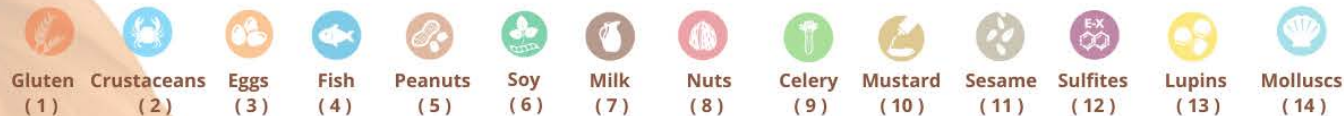


	Monday DAY 13	Tuesday DAY 14	Wednesday DAY 15	Thursday DAY 16	Friday DAY 17
First	NAPOLITAN PASTA (1, 3, 7) 	BOILED BROCCOLI AND POTATOES	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9) 	LENTILS & VEGETABLE STEW 	PUMPKIN CREAM (potatoes and onion)
Option 2	LEEEKS CREAM (7)	SAUTEED RICE (smoked turkey, sweet corn, omelette, peas and carrot) (3, 6)	VEGETABLES WITH BECHAMEL AU GRATIN (1, 3, 7)	BOILED PEAS AND POTATOES	MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) (1) 
Second	"ANDALUSIAN" HAKE (Fried with flour) (1, 4)	PORK LOIN STEW (1, 9, 12)	POTATOES AND ONION OMELETTE (3)	GRILLED BEEF BURGUER (12)	BAKED CHOCOLATE CHICKEN (1, 6, 7, 8, 9, 10, 11)
Option 2	MEATBALLS WITH ONION AND CINNAMON SAUCE (6, 12)	MOZZARELLA FINGERS (1, 2, 3, 4, 6, 7, 10, 14)	GRILLED CHICKEN	BAKED COD (with garlic, parsley and paprika) (1, 4, 12)	GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE (12)
Side dishes	FRESH SALAD	BOILED CARROTS	FRESH SALAD	"CALIU" POTATOES	SAUTEED WHOLE GRAIN RICE
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	FRESH FRUIT

FRESH FRUIT



	Monday DAY 20	Tuesday DAY 21	Wednesday DAY 22	Thursday DAY 23	Friday DAY 24
First	LEEKS AND PARSNIP CREAM 	CHICKPEAS AND SPINACH STEW (with onion, garlic, red pepper and tomato) 	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9) 	YAKISOBA SAUTEED NOODLES (1, 6)	VEGETABLE RICE "PAELLA" (onion, red and green pepper, leek, peas and green beans)
Option 2	CUBAN RICE WITH BOILED EGG (3)	"FIDEUA" WITH ALIOLI SAUCE (1, 2, 3, 4, 9, 14) 	BOILED GREEN BEANS AND POTATOES	FISH SOUP WITH PASTA (1, 4, 9) 	"TRINXAT DE LA CERDANYA" (sauteed cabbage and potato)
Second	MEATBALLS IN TOMATO SAUCE (6, 12)	HAM CROQUETTES (1, 2, 3, 4, 6, 7, 14)	BAKED CHICKEN	CHIKEN AND VEGETAL DUMPLING (1, 6, 11)	FRESH FISH (4) 
Option 2	SCRAMBLED EGGS WITH VEGETABLES (3)	GRILLED STEAK	COOKED HAM OMELETTE (3, 6, 7, 9, 12)	GRILLED TURKEY	GRILLED MARINATED PORK LOIN (3, 6, 7, 12)
Side dishes	SAUTED COUSCOUS (1, 6) 	CHIPS	LETTUCE, CARROT AND OLIVES SALAD	BOILED EDAMAMES (6)	FRESH SALAD (lettuce, tomato and carrot)
Desserts	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT 	YOGURT (7)



	Monday DAY 27	Tuesday DAY 28	Wednesday DAY 29	Thursday DAY 30
First	"FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9) 	RICE WITH HOMEMADE TOMATO SAUCE	BOILED MIXED VEGETABLES	CARROT CREAM (potato and onion)
Option 2	BOILED SPINACH WITH POTATOES	HOMEMADE MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9) 	HOMEMADE HUMMUS WITH VEGETABLE DIPS (1, 7, 9, 11) 	MEAT LASAGNA (au gratin with bechamel) (1, 6, 7, 10, 12)
Second	GRILLED HAKE (4)	ARTICHOKE AND POTATOE OMELETTE (3)	BAKED CHICKEN WITH LEMON SAUCE	PORK LOIN STEW (12)
Option 2	GRILLED CHICKEN	GRILLED PORK & BEEF BURGUER (12)	GRATINATED CODFISH WITH APPLE "ALL I OLI" (1, 3, 4)	GRILLED TURKEY
Side dishes	FRESH SALAD (7)	LETTUCE AND CARROT SALAD	LETTUCE AND CARROT SALAD	LETTUCE WITH SWEET CORN AND BLACK OLIVES
Desserts	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	CHOCOLATE CUSTARD (7)

FRESH FRUIT

