











	Monday DAY 1	Tuesday DAY 2	Wednesday DAY 3	Thursday DAY 4	Friday DAY 5
<b>First</b>		RICE WITH HOMEMADE TOMATO SAUCE	CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 	BOILED BROCCOLI AND POTATOES	SPAGUETTI IN CHEESE SAUCE ( 1, 3, 7) 
Option 2		SAUTEED PEAS WITH HAM	GERMAN POTATOE SALAD ( 7, 10, 12 )	MIXED "PAELLA" ( 2, 12 )	VEGETABLES CREAM (green beans, chard, carrot and potato)
<b>Second</b>	<b>HOLIDAY</b>	MEATBALLS WITH ONION AND CINNAMON SAUCE ( 6, 12 )	MEAT CROQUETTES ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 )	BAKED CHICKEN	POTATOES AND ONION OMELETTE ( 3 )
Option 2		"ANDALUSIAN" HAKE (Fried with flour) ( 1, 4 )	GRILLED PORK	GRILLED TUNA ( 1, 4, 6 )	SPRING ROLLS ( 1, 2, 6, 12 )
<b>Side dishes</b>		SAUTEED MUSHROOMS WITH OLIVE OIL	LETTUCE, CARROT AND SWEET CORN	SEASONED TOMATO	LETTUCE, CARROT AND SWEET CORN SALAD
<b>Desserts</b>		FRESH FRUIT	YOGURT ( 7 )	FRESH FRUIT	FRESH FRUIT



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 )














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	Monday DAY 8	Tuesday DAY 9	Wednesday DAY 10	Thursday DAY 11	Friday DAY 12
<b>First</b>	BOILED MIXED VEGETABLES	LENTIL AND RICE STEW (with onion, garlic, red pepper and tomato) 	VEGETABLES CREAM (green beans, chard, carrot and potato)	CUBAN RICE WITH BOILED EGG ( 3 )	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9 ) 
Option 2	MACARONI IN CARBONARA SAUCE (cream and bacon) ( 1, 3, 7 ) 	SAUTEED RICE ( sweet corn, peas and carrot)	GRILLED VEGETABLES	BOILED BROCCOLI AND POTATOES	SAUTEED PEAS WITH HAM
<b>Second</b>	GRILLED TURKEY	BAKED COD ( with onion and natural tomato) ( 2, 4, 14 )	BREADED CHICKEN (flour, egg and breadcrumbs) ( 1, 3 )	GRILLED HAKE ( 4 )	TURKEY STEW
Option 2	GRILLED PORK SAUSAGES ( 12 )	GRILLED LOIN ON THE FINE HERBS	GRILLED CHICKEN	TUNA PATTIES ( 1, 2, 3, 4, 6, 7, 9, 14 )	GRILLED BEEF BURGUER
<b>Side dishes</b>	FRESH SALAD ( lettuce, apple and tomato )	CHIPS	LETTUCE AND CARROT SALAD	LETTUCE, CARROT AND SWEET CORN	SAUTEED MUSHROOMS WITH OLIVE OIL
<b>Desserts</b>	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	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 15	Tuesday DAY 16	Wednesday DAY 17	Thursday DAY 18	Friday DAY 19
<b>First</b>	BOILED GREEN BEANS AND POTATOES	PESTO ROSSO PASTA ( 1, 3, 5, 7, 8 ) 	BEANS & VEGETABLES STEW 	"FIDEUA" WITH ALIOLI SAUCE ( 1, 2, 3, 4, 9, 14 ) 	CURRY BASMATI RICE WITH VEGETABLES ( 1, 10 )
Option 2	COUS COUS WITH VEGETABLES (courgette and onion) ( 1, 5, 6, 8, 9 ) 	LEEK AND POTATOES CREAM ( 7 )	SAUTEED PASTA & VEGETABLES AU GRATIN WITH CHEESE ( 1, 3, 7 ) 	VEGETABLES CREAM (green beans, chard, carrot and potato)	BOILED MIXED VEGETABLES
<b>Second</b>	GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE ( 12 )	GRATINATED CODFISH WITH APPLE "ALL I OLI" ( 1, 2, 3, 4, 14 )	GRILLED PORK & BEEF BURGUER ( 12 )	POTATOES AND ONION OMELETTE ( 3 )	TANDOORI CHICKEN ( 7 )
Option 2	BAKED SALMON (with onion and natural tomato) ( 4 )	GRILLED CHICKEN	TUNA PATTIES ( 1, 2, 3, 4, 6, 7, 9, 14 )	GRILLED CHICKEN	BAKED HAKE (onion and tomato) ( 4 )
<b>Side dishes</b>	SAUTEED RICE	FRIED GREEN PEPPERS STIRS	SAUTEED MUSHROOMS	FRESH SALAD ( lettuce, tomato and carrot)	CORN, TOMATO AND LETTUCE SALAD
<b>Desserts</b>	FRESH FRUIT	CHOCOLATE CUSTARD ( 7 )	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT



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 22	Tuesday DAY 23	Wednesday DAY 24	Thursday DAY 25	Friday DAY 26
<b>First</b>	CARROT CREAM (potato and onion)	POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9 )	RICE WITH HOMEMADE TOMATO SAUCE 	MACARONI IN BOLOGNESE SAUCE (minced meat and HOMEMADE tomato sauce) ( 1, 12 ) 	BOILED CHIKPEAS, POTATOES AND CARROTS
Option 2	TWO COLOURS RICE SALAD WITH PINK SAUCE (optional) ( 2, 3, 4, 6, 9, 12, 14 )	GREEN BEANS, POTATOES AND CARROTS	SAUTEED BEANS WITH VEGETABLES ( 4, 12 )	SAUTEED PEAS WITH HAM	GAZPACHO (TOMATO CREAM) WITH CROUTONS ( 1, 12 )
<b>Second</b>	GRILLED TURKEY WITH MUSHROOMS SAUCE ( 12 )	BREADED PORK LOIN WITH HAM & CHEESE ( 1, 2, 3, 4, 6, 7, 10, 14 )	POTATOES AND ONION OMELETTE ( 3 )	BAKED HAKE (onion and tomato) ( 4 )	BAKED CHICKEN (onion and natural tomato)
Option 2	"GALICIAN" HAKE (with onion and sweet paprika) ( 4 )	GRILLED CHICKEN	PORK RIBS WITH BARBACUE SAUCE ( 1, 12 )	GRILLED CHICKEN SAUSAGES ( 12 )	CODFISH CROQUETTES ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 )
<b>Side dishes</b>	FRESH SALAD	"CALIU" POTATOES	FRESH SALAD ( lettuce, tomato and sweet corn)	LETTUCE, CARROT AND SWEET CORN	LETTUCE WITH SWEET CORN AND BLACK OLIVES
<b>Desserts</b>	FRESH FRUIT	STRAWBERRY JELLY	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
















FRESH FRUIT



	Monday DAY 29	Tuesday DAY 30
<b>First</b>	BOILED GREEN BEANS AND POTATOES	PASTA SALAD (tomato, green olives, tuna, sweet corn and oregano) ( 1, 4 ) 
Option 2	MEAT LOAF ( 1, 3, 7, 12 )	CARROT CREAM (potato and onion)
<b>Second</b>	MEATBALLS IN TOMATO SAUCE ( 6, 12 )	BAKED COD ( with onion and natural tomato) ( 2, 4, 14 )
Option 2	BOILED EGGS WITH RATATOUILLE ( 3 )	GRILLED CHICKEN
<b>Side dishes</b>	SAUTED COUSCOUS ( 1, 6 )	FRIED AUBERGINES WITH HONEY SAUCE (optional)
<b>Desserts</b>	FRESH FRUIT	VANILLA AND CHOCOLATE ICE CREAM ( 7 )



FRESH FRUIT 

-  **Gluten**  
( 1 )
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( 2 )
-  **Eggs**  
( 3 )
-  **Fish**  
( 4 )
-  **Peanuts**  
( 5 )
-  **Soy**  
( 6 )
-  **Milk**  
( 7 )
-  **Nuts**  
( 8 )
-  **Celery**  
( 9 )
-  **Mustard**  
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-  **Sulfites**  
( 12 )
-  **Lupins**  
( 13 )
-  **Molluscs**  
( 14 )



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