
















	Wednesday DAY 1	Thursday DAY 2	Friday DAY 3
First		RICE WITH HOMEMADE TOMATO SAUCE	CHICKPEAS STEW WITH "CHORIZO" 
Option 2		GRILLED VEGETABLES	VEGETABLES CREAM (zucchini, onion and potato)
Second	HOLIDAY	BAKED CHICKEN	GRILLED BEEF BURGER (12)
Option 2		GRILLED TUNA (1, 4, 6)	CHICKEN CROQUETTES (1, 2, 3, 4, 6, 7, 14)
Side dishes		GRILLED COURGETTE	SAUTED COUSCOUS (1, 6)
Desserts		FRESH FRUIT	FRESH FRUIT

FRESH FRUIT 

Desserts can vary from day to day to ensure the consumption of fruit at its optimal ripeness














-  **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	MACARONI IN CHEESE SAUCE (1, 3, 7) 	RICE WITH VEGETABLES SAUCE	VEGETABLE SOUP	LENTIL SALAD (tuna, black olives carrot and tomato) (1, 4) 	MAC & CHEESE (pasta au gratin with cheese) (1, 3, 7) 
Option 2	BOILED GREEN BEANS AND CARROT	GAZPACHO (TOMATO CREAM) WITH CROUTONS (1, 12)	BOILED BROCCOLI AND POTATOES	BASMATI RICE WITH VEGETABLES (1, 10)	BOILED CABBAGE WITH POTATOES
Second	BAKED CHICKEN	TURKEY OMELETTE (3)	TURKEY STEW	PORK RIBS WITH BARBACUE SAUCE (1, 12)	GRATINATED CODFISH WITH APPLE "ALL I OLI" (1, 2, 3, 4, 14)
Option 2	BASQUE STYLE HAKE WITH BOILED EGG AND PEAS (1, 3, 4, 9)	GRILLED PORK LOIN WITH FINE HERBS	MOZZARELLA STICKS (1, 2, 3, 4, 6, 7, 10, 14)	GRILLED PORK SAUSAGES (12)	GRILLED CHICKEN
Side dishes	ONION	SEASONED TOMATOES	SAUTED COUSCOUS (1, 6) 	POTATOES	FRESH SALAD
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	VANILLA AND CHOCOLATE ICE CREAM

FRESH FRUIT 

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(1)
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-  **Fish**
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-  **Peanuts**
(5)
-  **Soy**
(6)
-  **Milk**
(7)
-  **Nuts**
(8)
-  **Celery**
(9)
-  **Mustard**
(10)
-  **Sesame**
(11)
-  **Sulfites**
(12)
-  **Lupins**
(13)
-  **Molluscs**
(14)



	Monday DAY 13	Tuesday DAY 14	Wednesday DAY 15	Thursday DAY 16	Friday DAY 17
First	MACARONI IN BOLOGNESE SAUCE (minced meat and HOMEMADE SAUCE) (1, 12) 	RICE WITH HOMEMADE TOMATO SAUCE	CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 	BOILED MIXED VEGETABLES	VEGETABLES CREAM (green beans, chard, carrot and potato)
Option 2	SAUTEED PEAS WITH HAM	MELON SOUP (7)	RUSSIAN SALAD (3, 4)	CARBONARA SAUCE PASTA (cream and bacon) (1, 6, 7) 	COUS COUS WITH VEGETABLES (courgette and onion) (1, 5, 6, 8, 12) 
Second	"ANDALUSIAN" HAKE (Fried with flour) (1, 4)	CHEESE OMELLETE (3, 7)	GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE (12)	PICKLE ORANGE CHICKEN (12)	BEEF STEW
Option 2	GRILLED PORK SAUSAGES (12)	BAKED CHICKEN WITH LEMON SAUCE	CODFISH CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14)	GRILLED CHICKEN	HOMEMADE HAM AND CHEESE QUICHE (1, 3, 6, 7, 8)
Side dishes	SEASONED TOMATOES	LETTUCE, CARROT AND TOMATO SALAD	FRESH SALAD (lettuce, tomato and carrot)	SAUTEED PORTOBELLO MUSHROOMS WITH OLIVE OIL	GLAZED CARROTS WITH BUTTER (7)
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	BAKED APPLE



FRESH FRUIT 

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(1)
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(3)
-  **Fish**
(4)
-  **Peanuts**
(5)
-  **Soy**
(6)
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(7)
-  **Nuts**
(8)
-  **Celery**
(9)
-  **Mustard**
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-  **Sesame**
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(14)















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	Monday DAY 20	Tuesday DAY 21	Wednesday DAY 22	Thursday DAY 23	Friday DAY 24
First		BOILED GREEN BEANS AND POTATOES	RICE WITH VEGETALES	LENTILS & VEGETABLE STEW 	NAPOLITAN PASTA (1, 3, 7) 
Option 2		VEGETAL TABBOULEH WITH MINT AND LEMON (1, 6, 9, 10, 12) 	AU GRATIN MEAT CANNELLONI WITH BECHAMEL (1, 2, 3, 4, 6, 7, 8, 9, 10, 14)	"FRIJOLES" WITH RICE 	VEGETABLES AU GRATEN (7)
Second	HOLIDAY	GRILLED HAKE WITH GARLIC AND PARSLEY (4)	BAKED MARINATED TURKEY (1, 6, 10, 12)	PORK LOIN STEW (1, 9, 12)	SCRAMBLED EGGS WITH JAM (3, 6, 7)
Option 2		GRILLED PORK LOIN	CHICKEN IN TERIYAKI SAUCE (1, 6)	GRILLED BEEF STEAK	BAKED COD (with onion and natural tomato) (2, 4, 14)
Side dishes		SEASONED TOMATOES	LETTUCE, CARROT AND SWEET CORN	POTATOES	SOY SALAD (carrot, soy sprouts and corn) WITH OREGANO VINAIGRETTE (6, 12)
Desserts		STRAWBERRY ICE CREAM (7)	FRESH FRUIT	FRESH FRUIT	CARAMEL CUSTARD (3, 7)

FRESH FRUIT 

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(3)
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-  **Mustard**
(10)
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(11)
-  **Sulfites**
(12)
-  **Lupins**
(13)
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(14)



	Monday DAY 27	Tuesday DAY 28	Wednesday DAY 29	Thursday DAY 30	Friday DAY 31
First	RICE WITH HOMEMADE TOMATO SAUCE	"FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9) 	VEGETABLE SOUP	BOILED CHIKPEAS, POTATOES AND CARROTS 	MACARONI IN CARBONARA SAUCE (cream and bacon) (1, 3, 6, 7) 
Option 2	GREEN BEANS, POTATOES AND CARROTS	RUSSIAN SALAD (3, 4)	FISH "PAELLA" (2, 4, 9, 14)	GRILLED VEGETABLES	BOILED SPINACH WITH POTATOES
Second	PIZZA OMELETTE (3, 7)	MEATBALLS IN TOMATO SAUCE (6, 12)	GRILLED TURKEY WITH MUSHROOMS SAUCE (12)	LEMON CHICKEN (1)	"ANDALUSIAN" HAKE (Fried with flour) (1, 4)
Option 2	DINDON CORDON BLEU (1, 3, 6, 7, 11)	GRILLED HAKE (4)	EGGS AU GRATIN WITH ZUCCHINI BECHAMEL (1, 3, 6, 7, 9, 12)	FISH CASSEROLE (1, 4, 9)	GRILLED STEAK
Side dishes	FRESH SALAD	FRESH SALAD	POTATOES	LETTUCE, CARROT AND SWEET CORN	SEASONED TOMATOES
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	VANILLA AND CHOCOLATE ICE CREAM

FRESH FRUIT 

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