










	Monday DAY 6	Tuesday DAY 7	Wednesday DAY 8	Thursday DAY 9	Friday DAY 10
First			PASTA WITH NAPOLITAN SAUCE AND CHEESE (1, 3, 7, T6, T10) 	MIXED "PAELLA" (2, 12)	LENTILS & VEGETABLE STEW 
Option 2			SAUTEED PEAS WITH HAM	VEGETABLES CREAM (green beans, chard, carrot and potato)	GRILLED VEGETABLES
Second	HOLIDAY	HOLIDAY	MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6, T8, T9, T10, T11)	BAKED HAKE (onion and tomato) (4)	GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE (1, 6, 11)
Option 2			BREADED PORK LOIN WITH HAM & CHEESE (1, 2, 3, 4, 6, 7, 10, 14)	MEATBALLS IN TOMATO SAUCE (6, 12)	GRILLED PORK LOIN
Side dishes			SAUTEED GREEN BEANS	SAUTEED MUSHROOMS	FRESH SALAD
Desserts			PEACH IN SYRUP	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 13	Tuesday DAY 14	Wednesday DAY 15	Thursday DAY 16	Friday DAY 17
First	MILANESA RICE (homemade tomato sauce, minced meat and grated cheese) (3, 7, 12)	PUMPKIN CREAM (potatoes and leek)	"RIOJANA" POTATOES	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP  (1, 9, T6, T10)	CHICKPEAS AND SPINACH STEW (with onion, garlic, red pepper and tomato) 
Option 2	BOILED MIXED VEGETABLES WITH ROMESCO SAUCE (8, 12)	TAGLIARINI IN SOFT PESTO SAUCE (olive oil, basil, grated cheese and almonds) (1, 3, 5, 6, 7, 8) 	TABBOULEH WITH VEGETABLES, MINT AND LEMON  (1, 6, 9, 10, 12)	CAULIFLOWER AU GRATIN WITH "BECHAMEL" SAUCE AND CHEESE (1, 3, 6, 7)	SAUTEED NOODLES WITH VEGETABLES (1, 6, T6, T10)
Second	"ANDALUSIAN" HAKE (Fried with flour) (1, 4)	GRILLED "BUTIFARRA" (PORK MEAT) (12)	GRILLED TURKEY WITH MUSHROOMS SAUCE	ZUCCHINI, ONION AND POTATO OMELETTE (3)	GRILLED CHICKEN
Option 2	MOZZARELLA FINGERS (1, 2, 3, 4, 6, 7, 10, 14)	GRILLED TUNA (1, 4, 6)	PORK CHOPS WITH HONEY SAUCE (optional)	CHICKEN BURGER (12)	CHICKEN "QUESADILLAS" (1, 3, 7, 10)
Side dishes	SEASONED TOMATO AND OLIVES	DICED POTATOES WITH GARLIC AND PARSLEY	FRESH SALAD	ROASTED CARROTS WITH BALSAMIC AND COMINO (12)	FRESH SALAD
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	CUSTARD (3, 7)



FRESH FRUIT 

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-  **Nuts**
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(14)










	Monday DAY 20	Tuesday DAY 21	Wednesday DAY 22	Thursday DAY 23	Friday DAY 24
First	NAPOLITAN PASTA (1, 3, 7, T6, )	LENTILS & VEGETABLE STEW 	SAUTEED RICE (smoked turkey, sweet corn, omelette, peas and ca	BOILED PEAS AND POTATOES	PUMPKIN CREAM (potatoes and leek)
Option	CATALAN STYLE SPINACH (5, 6, 7, 8, 9, 10, 11)	RICE CASSEROLE WITH RIB AN	VEGETABLES WITH BECHAMEL	BOULLEBAISE FISH SOUP (1,  , 3, 4, 8, 9, 11)	MAC & CHEESE (pasta au gratin)
Second	BAKED COD (with garlic, parsley & lemon)	GRILLED PORK LOIN IN	POTATOES AND ONION OMELE	BREADED CHICKEN (flour, egg and breadcrumbs) (1, 3)	MEAT LOAF (12)
Option	GRILLED TURKEY WITH ONION	GRILLED FISH (4)	GRILLED CHICKEN SAUSAGES	BAKED SALMON (with onion and	CHICKEN WINGS TIKKA MASAL/ (chicken wings indian style) (1, 7, 8, 9, 10, 11)
Side dishes:	LETTUCE, CARROT AND SWEET CORN	GRILLED COURGETTE	LETTUCE, CARROT AND SWEET CORN	SWEET POTATO	ONION RINGS (1)
Desserts	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	CHOCOLATE CUSTARD (3, 7)



FRESH FRUIT














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(14)



	Monday DAY 27	Tuesday DAY 28	Wednesday DAY 29	Thursday DAY 30	Friday DAY 31
First	BOILED MIXED VEGETABLES	RICE WITH VEGETABLES SAUCE	BEANS & VEGETABLES STEW 	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP  (1, 9, T6, T10)	VEGETABLES CREAM (green beans, chard, carrot and potato)
Option 2	"FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9) 	VEGETABLE WOK WITH SESAME AND SOY (1, 6, 11)	SAUTEED SPIRALS WITH GREEN BEANS, ONION AND BACON (1, 3, 6, 7)	BOILED BROCCOLI AND POTATOES	POTATOES AU GRATIN WITH CHEESE (3, 6, 7)
Second	TURKEY STEW	COOKED HAM OMELETTE (3)	BAKED CHICKEN	BAKED MONKFISH (2, 4)	BEEF STEW
Option 2	TUNA PATTIES (1, 2, 3, 4, 6, 7, 9, 14)	GRILLED PORK LOIN WITH FINE HERBS	"ANDALUSIAN" HAKE (Fried with flour) (1, 4)	GRILLED PORK & BEEF BURGER (12)	GRILLED CHICKEN
Side dishes	SAUTEED PEAS	FRESH SALAD	"CALIU" POTATOES	FRESH SALAD (lettuce, sweet corn and beetroot)	SAUTED COUSCOUS (1, 6, 10)
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	SAN MARCOS CAKE (1, 3, 6, 7)



FRESH FRUIT 

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