

# JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES



1		2		3		4		5		6		7		8		9		10		11		12		13		14																												
Gluten		Crustáceos		Huevos		Pescado		Cacahuete		Soja		Leche		Frutos de cáscara		Apio		Mostaza		Sésamo		Sulfitos		Altramucos		Moluscos																												
7														8																																								
<p>1 - Vegetarian caneloni (1,3,7) 2 - Fish croquettes (1,3,2,4,7,14) Roast potatoes Chard sautéed with peepers Rice salad Seasonal Fresh Fruit Homemade Fruit Compote &amp; Greek yogurt Selection of Dairies (1,3,7)</p>														<p>1 - Lentil Soup &amp; Chorizo (12) 2 - Fine herb chicken fillet Fries Corn and peas Nicoise salad (3,4) Chocolate and Custards cake (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>																																								
kcal		720		Lip		34,6		Prot		27,0		HdC		75		kcal		762		Lip		28,5		Prot		50,4		HdC		76																								
11											12											13																																
<p>1 - Vegetable Cream &amp; croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Patatas Roast Verdura Stir Fry Mixed salad (3,4) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Three delights rice &amp; tomato sauce (3,6) 2 - Breaded squid (1,3,14) Fries Corn and peas Nicoise salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Zucchini and leeks soup 2 - Meat tortellini with italian sauce (1,3) Patatas Roast Broccoli &amp; Carrots Beans salad Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>																																
kcal		793		Lip		27,9		Prot		29,0		HdC		106		kcal		734,1		Lip		28,1		Prot		25,9		HdC		95																								
14														15																																								
<p>1 - Puchero soup (1,3,9,12) 2 - Turkey roti (1,6) Boiled potatoes Mixed vegetables sautéed Rice salad Homemade Fruit Compote &amp; Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>														<p>1 - Spaguetti in pesto sauce (1,3) 2 - Breaded fish with tartara sauce (1,3,4,10) Fries Corn and peas Pasta salad (1,3) Apricot and custards cake(1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>																																								
kcal		679		Lip		23,8		Prot		27,8		HdC		88		kcal		722		Lip		23,2		Prot		39,7		HdC		89																								
18											19											20																																
<p>1 - Carrot and sweet potato soup 2 - Sweet chili with meat Saffron boiled rice Stir Fry vegetables Seafood salad (2,4,14) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Chickpeas soup and vegetables 2 - Spanish omelette (3) Seasonal vegetables Day salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 -Rice sautéedwith vegetables 2 - Menière salmon &amp; Mashed potatoes (4,7) Broccoli &amp; carrots Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>																																
kcal		670		Lip		26,6		Prot		21,9		HdC		86		kcal		677		Lip		17,1		Prot		26,3		HdC		104																								
21														22																																								
<p>1 - César salad (1,3,4,6,7,11) 2 - Hfull hamburger (1,3,6,7,11,12) Fresh Chips Onion rings &amp; Dipppa Mixed salad (3,4) Homemade Fruit Compote &amp; Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>														<p>1 - Carrots cream (12) 2 - Tuna and vegetables lasagne (1,3,4,7) Mini Roast potatoes Peas and corn Nicoise salad (3,4) Vanilla Cake &amp; Caramel Sauce (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>																																								
kcal		674		Lip		21,4		Prot		15,6		HdC		105		kcal		677		Lip		27,3		Prot		31,5		HdC		76																								
25											26											27											28											29 - DIA TEMATICO - "ALMUERZO CHINO"										
<p>1 - Soup asparagus with croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Roast potatoes Stir Fry vegetables Salad mixed (3,4) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Vegetables curry &amp; saffron rice 2 - Breaded fish in lemon sauce (1,3,4) Boiled potatoes Carrots sauteed Coleslaw salad Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Spinach fritatta with boiled eggs (3) 2 - Smoked pork with gravy sauce (12) Roast potatoes Stir Fry vegetables Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Conchiglie Pasta in Cheese Sauce (1,3,7) 2 - Cod croquettes (1,3,2,4,7,14) Fries Corn and peas Cesar salad (1,3,4,6,7,11) Homemade Fruit compote &amp; Greek Yogur (7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>											<p>1 - Spring Rolls &amp; Sweet and Sour Sauce (1,6,12) 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11) Egg noodles (1,3) Mixed salad (3,4) Caramelized Chinese Pudding(1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>										
kcal		702		Lip		34,2		Prot		25,3		HdC		73		kcal		889		Lip		30,0		Prot		53,2		HdC		102																								
kcal		643		Lip		21,9		Prot		27,1		HdC		84		kcal		759		Lip		25,3		Prot		38,5		HdC		94																								
kcal		797		Lip		36,3		Prot		48,9		HdC		69																																								

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración

# MENÚ SIN CEREZAS NI FRUTAS PELUDAS (MELOCOTÓN) ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración. No cerezas ni frutas peludas (melocotón)

# MENÚ SIN KIWI ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"  
1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración. No kiwi

# MENÚ SIN FRUTOS SECOS ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

- 1 - Vegetarian caneloni (1,3,7)
- 2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Vegetable Cream & croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

- 1 - Puchero soup (1,3,9,12)
- 2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (1,3)
- 2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

- 1 -Rice sautéedwith vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

- 1 - César salad (1,3,4,6,7,11)
- 2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

- 1 - Soup asparagus with croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

- 1 - Spinach frittata with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta in Cheese Sauce (1,3,7)
- 2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración

# MENÚ SIN PLÁTANO NI FRUTOS SECOS ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sautéed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"  
1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración. No plátano

# MENÚ SIN NUECES ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach frittata with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28



1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"  
1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN FRUTOS SECOS NI SEMILLAS DE SÉSAMO ENERO 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
VERDURAS													
PASTA, ARROZ, HUEVOS													
CARNE													
PESCADO													
POSTRES													
													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos
11		12		13		14		15					
1 - Vegetable Cream & (no croutons,12) 2 - Meatball in tomato sauce (1,6,7) Patatas Roast Verdura Stir Fry Mixed salad (3,4)  Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Three delights rice & tomato sauce (3,6) 2 - Breaded squid (1,3,14) Fries Corn and peas Nicoise salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Zucchini and leeks soup 2 - Meat tortellini with italian sauce (1,3) Patatas Roast Broccoli & Carrots Beans salad Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Puchero soup (1,3,9,12) 2 - Turkey roti (1,6) Boiled potatoes Mixed vegetables sautéed Rice salad Homemade Fruit Compote & Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Spaguetti in pesto sauce (1,3) 2 - Breaded fish with tartara sauce (1,3,4,10) Fries Corn and peas Pasta salad (1,3)  Selection of Dairies (1,3,7) Seasonal Fresh Fruit					
18		19		20		21		22					
1 - Carrot and sweet potato soup 2 - Sweet chili with meat Saffron boiled rice Stir Fry vegetables Seafood salad (2,4,14) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Chickpeas soup and vegetables 2 - Spanish omelette (3) Seasonal vegetables Day salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 -Rice sautéedwith vegetables 2 - Menière salmon & Mashed potatoes (4,7) Broccoli & carrots Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - César salad (3,4,7 no croutons) 2 - Hfull hamburger (1,3,6,7,11,12) Fresh Chips Onion rings & Dippa Mixed salad (3,4) Homemade Fruit Compote & Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Carrots cream (12) 2 - Tuna and vegetables lasagne (1,3,4,7) Mini Roast potatoes Peas and corn Nicoise salad (3,4) Vanilla Cake & Caramel Sauce (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit					
25		26		27		28		29 - DIA TEMATICO - "ALMUERZO CHINO"					
1 - Soup asparagus (no croutons,12) 2 - Meatball in tomato sauce (1,6,7) Roast potatoes Stir Fry vegetables Salad mixed (3,4) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Vegetables curry & saffron rice 2 - Breaded fish in lemon sauce (1,3,4) Boiled potatoes Carrots sauteed Coleslaw salad Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Spinach frittata with boiled eggs (3) 2 - Smoked pork with gravy sauce (12) Roast potatoes Stir Fry vegetables Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Conchiglie Pasta in Cheese Sauce (1,3,7) 2 - Cod croquettes (1,3,2,4,7,14) Fries Corn and peas César salad (3,4,7 no croutons) Homemead Fruit compote & Greek Yogur (7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit		1 - Spring Rolls & Sweet and Sour Sauce (1,6,12) 2 - Vegetarian Chow Mein Egg noodles (1,3) Mixed salad (3,4) Caramelized Chinese Pudding(1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit					

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN CACAHUETES ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach frittata with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.



# MENÚ SIN FRUTAS PELUDAS (MELOCOTÓN) ENERO 2020

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
VERDURAS																								
PASTA, ARROZ, HUEVOS																								
CARNE																								
PESCADO																								
POSTRES																								
															<p>7</p> <p>1 - Vegetarian caneloni (1,3,7) 2 - Fish croquettes (1,3,2,4,7,14) Roast potatoes Chard sautéed with peepers Rice salad Seasonal Fresh Fruit Homemade Fruit Compote &amp; Greek yogurt Selection of Dairies (1,3,7)</p>					<p>8</p> <p>1 - Lentil Soup &amp; Chorizo (12) 2 - Fine herb chicken fillet Fries Corn and peas Nicoise salad (3,4) Chocolate and Custards cake (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>				
1	2	3	4	5	6	7	8	9	10	11	12	13	14											
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos											
11					12					13					14					15				
<p>1 - Vegetable Cream &amp; croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Patatas Roast Verdura Stir Fry Mixed salad (3,4) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Three delights rice &amp; tomato sauce (3,6) 2 - Breaded squid (1,3,14) Fries Corn and peas Nicoise salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Zucchini and leeks soup 2 - Meat tortellini with italian sauce (1,3) Patatas Roast Broccoli &amp; Carrots Beans salad Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Puchero soup (1,3,9,12) 2 - Turkey roti (1,6) Boiled potatoes Mixed vegetables sautéed Rice salad Homemade Fruit Compote &amp; Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Spaguetti in pesto sauce (1,3) 2 - Breaded fish with tartara sauce (1,3,4,10) Fries Corn and peas Pasta salad (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>				
18					19					20					21					22				
<p>1 - Carrot and sweet potato soup 2 - Sweet chili with meat Saffron boiled rice Stir Fry vegetables Seafood salad (2,4,14) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Chickpeas soup and vegetables 2 - Spanish omelette (3) Seasonal vegetables Day salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Rice sautéed with vegetables 2 - Menière salmon &amp; Mashed potatoes (4,7) Broccoli &amp; carrots Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - César salad (1,3,4,6,7,11) 2 - Hfull hamburger (1,3,6,7,11,12) Fresh Chips Onion rings &amp; Dippa Mixed salad (3,4) Homemade Fruit Compote &amp; Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Carrots cream (12) 2 - Tuna and vegetables lasagne (1,3,4,7) Mini Roast potatoes Peas and corn Nicoise salad (3,4) Vanilla Cake &amp; Caramel Sauce (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>				
25					26					27					28					29 - DIA TEMATICO - "ALMUERZO CHINO"				
<p>1 - Soup asparagus with croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Roast potatoes Stir Fry vegetables Salad mixed (3,4) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Vegetables curry &amp; saffron rice 2 - Breaded fish in lemon sauce (1,3,4) Boiled potatoes Carrots sautéed Coleslaw salad Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Spinach frittata with boiled eggs (3) 2 - Smoked pork with gravy sauce (12) Roast potatoes Stir Fry vegetables Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Conchiglie Pasta in Cheese Sauce (1,3,7) 2 - Cod croquettes (1,3,2,4,7,14) Fries Corn and peas Cesar salad (1,3,4,6,7,11) Homemade Fruit compote &amp; Greek Yogurt (7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>					<p>1 - Spring Rolls &amp; Sweet and Sour Sauce (1,6,12) 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11) Egg noodles (1,3) Mixed salad (3,4) Caramelized Chinese Pudding (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit</p>				

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración. No cerezas ni frutas peludas (melocotón)

# MENÚ SIN FRUTAS PELUDAS (MELOCOTÓN), KIWI NI FRUTOS SECOS ENERO 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

- 1 - Vegetarian caneloni (1,3,7)
- 2 - Fish croquettes (1,3,2,4,7,14)
- Roast potatoes
- Chard sautéed with peepers
- Rice salad
- Seasonal Fresh Fruit
- Homemade Fruit Compote & Greek yogurt
- Selection of Dairies (1,3,7)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Chocolate and Custards cake (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Vegetable Cream & croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)
- Patatas Roast
- Verdura Stir Fry
- Mixed salad (3,4)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (1,3,14)
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini with italian sauce (1,3)
- Patatas Roast
- Broccoli & Carrots
- Beans salad
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

14

- 1 - Puchero soup (1,3,9,12)
- 2 - Turkey roti (1,6)
- Boiled potatoes
- Mixed vegetables sautéed
- Rice salad
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (1,3)
- 2 - Breaded fish with tartara sauce (1,3,4,10)
- Fries
- Corn and peas
- Pasta salad (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat
- Saffron boiled rice
- Stir Fry vegetables
- Seafood salad (2,4,14)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)
- Seasonal vegetables
- Day salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

20

- 1 - Rice sautéed with vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)
- Broccoli & carrots
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

21

- 1 - César salad (1,3,4,6,7,11)
- 2 - Hfull hamburger (1,3,6,7,11,12)
- Fresh Chips
- Onion rings & Dippa
- Mixed salad (3,4)
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Tuna and vegetables lasagne (1,3,4,7)
- Mini Roast potatoes
- Peas and corn
- Nicoise salad (3,4)
- Vanilla Cake & Caramel Sauce (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

25

- 1 - Soup asparagus with croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)
- Roast potatoes
- Stir Fry vegetables
- Salad mixed (3,4)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,3,4)
- Boiled potatoes
- Carrots sautéed
- Coleslaw salad
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

27

- 1 - Spinach fritatta with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)
- Roast potatoes
- Stir Fry vegetables
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta in Cheese Sauce (1,3,7)
- 2 - Cod croquettes (1,3,2,4,7,14)
- Fries
- Corn and peas
- Cesar salad (1,3,4,6,7,11)
- Homemade Fruit compote & Greek Yogurt (7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)
- Egg noodles (1,3)
- Mixed salad (3,4)
- Caramelized Chinese Pudding (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración. No kiwi ni frutas peludas (melocotón)

# MENÚ SIN CACAHUETES NI FRUTOS SECOS ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN PIEL DE FRUTAS ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración sin piel

# MENÚ SIN PIEL DE FRUTAS NI FRUTOS SECOS ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

- 1 - Vegetarian caneloni (1,3,7)
- 2 - Fish croquettes (1,3,2,4,7,14)
- Roast potatoes
- Chard sautéed with peepers
- Rice salad
- Seasonal Fresh Fruit
- Homemade Fruit Compote & Greek yogurt
- Selection of Dairies (1,3,7)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Chocolate and Custards cake (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Vegetable Cream & croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)
- Patatas Roast
- Verdura Stir Fry
- Mixed salad (3,4)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (1,3,14)
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini with italian sauce (1,3)
- Patatas Roast
- Broccoli & Carrots
- Beans salad
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

14

- 1 - Puchero soup (1,3,9,12)
- 2 - Turkey roti (1,6)
- Boiled potatoes
- Mixed vegetables sautéed
- Rice salad
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (1,3)
- 2 - Breaded fish with tartara sauce (1,3,4,10)
- Fries
- Corn and peas
- Pasta salad (1,3)
- Apricot and custards cake(1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat
- Saffron boiled rice
- Stir Fry vegetables
- Seafood salad (2,4,14)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)
- Seasonal vegetables
- Day salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

20

- 1 -Rice sautéedwith vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)
- Broccoli & carrots
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

21

- 1 - César salad (1,3,4,6,7,11)
- 2 - Hfull hamburger (1,3,6,7,11,12)
- Fresh Chips
- Onion rings & Dippa
- Mixed salad (3,4)
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Tuna and vegetables lasagne (1,3,4,7)
- Mini Roast potatoes
- Peas and corn
- Nicoise salad (3,4)
- Vanilla Cake & Caramel Sauce (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

25

- 1 - Soup asparagus with croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)
- Roast potatoes
- Stir Fry vegetables
- Salad mixed (3,4)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,3,4)
- Boiled potatoes
- Carrots sauteed
- Coleslaw salad
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

27

- 1 - Spinach fritatta with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)
- Roast potatoes
- Stir Fry vegetables
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

28



- 1 - Conchiglie Pasta in Cheese Sauce (1,3,7)
- 2 - Cod croquettes (1,3,2,4,7,14)
- Fries
- Corn and peas
- Cesar salad (1,3,4,6,7,11)
- Homemade Fruit compote & Greek Yogurt (7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)
- Egg noodles (1,3)
- Mixed salad (3,4)
- Caramelized Chinese Pudding(1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración sin piel

# MENÚ SIN FRUTAS NI FRUTOS SECOS ENERO 2020

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<p>VERDURAS</p> <p>PASTA, ARROZ, HUEVOS</p> <p>CARNE</p> <p>PESCADO</p> <p>POSTRES</p>						<p>7</p> <p>1 - Vegetarian caneloni (1,3,7) 2 - Fish croquettes (1,3,2,4,7,14) Roast potatoes Chard sautéed with peepers Rice salad  Selection of Dairies (1,3,7)</p>		<p>8</p> <p>1 - Lentil Soup &amp; Chorizo (12) 2 - Fine herb chicken fillet Fries Corn and peas Nicoise salad (3,4) Chocolate and Custards cake (1,3,7) Selection of Dairies (1,3,7)</p>					
1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos
11		12		13		14		15					
<p>1 - Vegetable Cream &amp; croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Patatas Roast Verdura Stir Fry Mixed salad (3,4)  Selection of Dairies (1,3,7)</p>		<p>1 - Three delights rice &amp; tomato sauce (3,6) 2 - Breaded squid (1,3,14) Fries Corn and peas Nicoise salad (3,4)  Selection of Dairies (1,3,7)</p>		<p>1 - Zucchini and leeks soup 2 - Meat tortellini with italian sauce (1,3) Patatas Roast Broccoli &amp; Carrots Beans salad  Selection of Dairies (1,3,7)</p>		<p>1 - Puchero soup (1,3,9,12) 2 - Turkey roti (1,6) Boiled potatoes Mixed vegetables sautéed Rice salad  Selection of Dairies (1,3,7)</p>		<p>1 - Spagueti in pesto sauce (1,3) 2 - Breaded fish with tartara sauce (1,3,4,10) Fries Corn and peas Pasta salad (1,3)  Selection of Dairies (1,3,7)</p>					
18		19		20		21		22					
<p>1 - Carrot and sweet potato soup 2 - Sweet chili with meat Saffron boiled rice Stir Fry vegetables Seafood salad (2,4,14)  Selection of Dairies (1,3,7)</p>		<p>1 - Chickpeas soup and vegetables 2 - Spanish omelette (3) Seasonal vegetables Day salad (3,4)  Selection of Dairies (1,3,7)</p>		<p>1 - Rice sautéed with vegetables 2 - Menière salmon &amp; Mashed potatoes (4,7) Broccoli &amp; carrots Pasta salad (1,3)  Selection of Dairies (1,3,7)</p>		<p>1 - César salad (1,3,4,6,7,11) 2 - Hfull hamburger (1,3,6,7,11,12) Fresh Chips Onion rings &amp; Dippa Mixed salad (3,4)  Selection of Dairies (1,3,7)</p>		<p>1 - Carrots cream (12) 2 - Tuna and vegetables lasagne (1,3,4,7) Mini Roast potatoes Peas and corn Nicoise salad (3,4) Vanilla Cake &amp; Caramel Sauce (1,3,7) Selection of Dairies (1,3,7)</p>					
25		26		27		28		29 - DIA TEMATICO - "ALMUERZO CHINO"					
<p>1 - Soup asparagus with croutons (1,6,7,11,12) 2 - Meatball in tomato sauce (1,6,7) Roast potatoes Stir Fry vegetables Salad mixed (3,4)  Selection of Dairies (1,3,7)</p>		<p>1 - Vegetables curry &amp; saffron rice 2 - Breaded fish in lemon sauce (1,3,4) Boiled potatoes Carrots sautéed Coleslaw salad  Selection of Dairies (1,3,7)</p>		<p>1 - Spinach fritatta with boiled eggs (3) 2 - Smoked pork with gravy sauce (12) Roast potatoes Stir Fry vegetables Pasta salad (1,3)  Selection of Dairies (1,3,7)</p>		<p>1 - Conchiglie Pasta in Cheese Sauce (1,3,7) 2 - Cod croquettes (1,3,2,4,7,14) Fries Corn and peas Cesar salad (1,3,4,6,7,11)  Selection of Dairies (1,3,7)</p>		<p>1 - Spring Rolls &amp; Sweet and Sour Sauce (1,6,12) 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11) Egg noodles (1,3) Mixed salad (3,4) Caramelized Chinese Pudding (1,3,7) Selection of Dairies (1,3,7)</p>					

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

# MENÚ SIN CARNE DE CERDO ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Fish croquettes (1,3,2,4,7,14)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & vegetables (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Veal Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Boiled rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Veal Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with chicken meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull veal hamburguer (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Veal Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked turkey with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Cod croquettes (1,3,2,4,7,14)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit



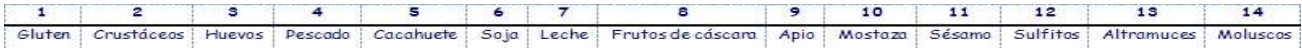
29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN CARNE DE TERNERA ENERO 2020

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
VERDURAS					 										7					8																			
PASTA, ARROZ, HUEVOS															1 - Vegetarian caneloni (1,3,7) 2 - Fish croquettes (1,3,2,4,7,14) Roast potatoes Chard sautéed with peepers Rice salad Seasonal Fresh Fruit Homemade Fruit Compote & Greek yogurt Selection of Dairies (1,3,7)					1 - Lentil Soup & Chorizo (12) 2 - Fine herb chicken fillet Fries Corn and peas Nicoise salad (3,4) Chocolate and Custards cake (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit																			
CARNE															11					12					13					14					15				
PESCADO															1 - Crema de Verduras & Picatostes (1,6,7,11,12) 2 - Seitan vegetableball in tomato sauce (1,6) Patatas Roast Verdura Stir Fry Ensalada Mixta (3,4) Macedonia de Fruta Fresca Selección de Lácteos (1,3,7) Fruta Fresca de Temporada					1 - Three delights rice & tomato sauce (3,6) 2 - Breaded squid (1,3,14) Fries Corn and peas Nicoise salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Zucchini and leeks soup 2 - Vegetable tortellini with italian sauce (1,3) Patatas Roast Broccoli & Carrots Beans salad Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Puchero soup (1,3,9,12) 2 - Turkey roti (1,6) Boiled potatoes Mixed vegetables sautéed Rice salad Homemade Fruit Compote & Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Spaguetti in pesto sauce (1,3) 2 - Breaded fish with tartara sauce (1,3,4,10) Fries Corn and peas Pasta salad (1,3) Apricot and custards cake(1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit				
POSTRES					18					19					20					21					22														
1 - Carrot and sweet potato soup 2 - Sweet chili with chicken meat Saffron boiled rice Stir Fry vegetables Seafood salad (2,4,14) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Chickpeas soup and vegetables 2 - Spanish omelette (3) Seasonal vegetables Day salad (3,4) Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Rice sautéed with vegetables 2 - Menière salmon & Mashed potatoes (4,7) Broccoli & carrots Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - César salad (1,3,4,6,7,11) 2 - Full seitan and carrots burger (1,3,6,7,10,11) Fresh Chips Onion rings & Dippa Mixed salad (3,4) Homemade Fruit Compote & Biscuit (1,3) Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Carrots cream (12) 2 - Tuna and vegetables lasagne (1,3,4,7) Mini Roast potatoes Peas and corn Nicoise salad (3,4) Vanilla Cake & Caramel Sauce (1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit																			
25					26					27					28					29 - DIA TEMATICO - "ALMUERZO CHINO"																			
1 - Soup asparagus with croutons (1,6,7,11,12) 2 - Seitan vegetableball in tomato sauce (1,6) Roast potatoes Stir Fry vegetables Salad mixed (3,4) Fresh fruit salad Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Vegetables curry & saffron rice 2 - Breaded fish in lemon sauce (1,3,4) Boiled potatoes Carrots sautéed Coleslaw salad Fresh Orange Juice Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Spinach frittata with boiled eggs (3) 2 - Smoked pork with gravy sauce (12) Roast potatoes Stir Fry vegetables Pasta salad (1,3) Jelly fruit Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Conchiglie Pasta in Cheese Sauce (1,3,7) 2 - Cod croquettes (1,3,2,4,7,14) Fries Corn and peas Cesar salad (1,3,4,6,7,11) Homemade Fruit compote & Greek Yogurt (7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit					1 - Spring Rolls & Sweet and Sour Sauce (1,6,12) 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11) Egg noodles (1,3) Mixed salad (3,4) Caramelized Chinese Pudding(1,3,7) Selection of Dairies (1,3,7) Seasonal Fresh Fruit																			

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.



# MENÚ SIN MARISCO ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Oven baked hake (4)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded fish with tartara sauce (1,3,4,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (1,3,4,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Tuna and vegetables lasagne (1,3,4,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded fish in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Oven baked cod (4)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"  
1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN CARNE DE CERDO NI TERNERA ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

- 1 - Vegetarian caneloni (1,3,7)
- 2 - Fish croquettes (1,3,2,4,7,14)
- Roast potatoes
- Chard sautéed with peepers
- Rice salad
- Seasonal Fresh Fruit
- Homemade Fruit Compote & Greek yogurt
- Selection of Dairies (1,3,7)

8

- 1 - Lentil Soup & vegetables (12)
- 2 - Fine herb chicken fillet
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Chocolate and Custards cake (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Crema de Verduras & Picatostes (1,6,7,11,12)
- 2 - Seitan vegetableball in tomato sauce (1,6)
- Patatas Roast
- Verdura Stir Fry
- Mixed salad (3,4)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (1,3,14)
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Vegetable tortellini with italian sauce (1,3)
- Patatas Roast
- Broccoli & Carrots
- Beans salad
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

14

- 1 - Puchero soup (1,3,9,12)
- 2 - Turkey roti (1,6)
- Boiled potatoes
- Mixed vegetables sautéed
- Rice salad
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (1,3)
- 2 - Breaded fish with tartara sauce (1,3,4,10)
- Fries
- Corn and peas
- Pasta salad (1,3)
- Apricot and custards cake(1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with chicken meat
- Saffron boiled rice
- Stir Fry vegetables
- Seafood salad (2,4,14)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)
- Seasonal vegetables
- Day salad (3,4)
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

20

- 1 - Rice sautéed with vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)
- Broccoli & carrots
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

21

- 1 - César salad (1,3,4,6,7,11)
- 2 - Full seitan and carrots burger (1,3,6,7,10,11)
- Fresh Chips
- Onion rings & Dippa
- Mixed salad (3,4)
- Homemade Fruit Compote & Biscuit (1,3)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Tuna and vegetables lasagne (1,3,4,7)
- Mini Roast potatoes
- Peas and corn
- Nicoise salad (3,4)
- Vanilla Cake & Caramel Sauce (1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

25

- 1 - Soup asparagus with croutons (1,6,7,11,12)
- 2 - Seitan vegetableball in tomato sauce (1,6)
- Roast potatoes
- Stir Fry vegetables
- Salad mixed (3,4)
- Fresh fruit salad
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,3,4)
- Boiled potatoes
- Carrots sautéed
- Coleslaw salad
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

27

- 1 - Spinach frittata with boiled eggs (3)
- 2 - Smoked turkey with gravy sauce (12)
- Roast potatoes
- Stir Fry vegetables
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta in Cheese Sauce (1,3,7)
- 2 - Cod croquettes (1,3,2,4,7,14)
- Fries
- Corn and peas
- Cesar salad (1,3,4,6,7,11)
- Homemade Fruit compote & Greek Yogurt (7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)
- Egg noodles (1,3)
- Mixed salad (3,4)
- Caramelized Chinese Pudding(1,3,7)
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN LACTOSA ENERO 2020

## MONDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

## TUESDAY

**2021**  
HAPPY NEW YEAR



## WEDNESDAY

## THURSDAY

## FRIDAY

7

- 1 - Sautéed pasata with garlic (1,3)
- 2 - Turkey sausages (6)
- Roast potatoes
- Chard sautéed with peepers
- Rice salad
- Seasonal Fresh Fruit
- Homemade Fruit Compote & Greek yogurt
- Soy Dairies (6)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Soy Dairies (6)
- Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Vegetable Cream & (no croutons,12)
- 2 - Meatball in tomato sauce (esp.sin alergenos)
- Patatas Roast
- Verdura Stir Fry
- Ensalada Mixta (3,4)
- Macedonia de Fruta Fresca
- Lácteo de soja (6)
- Fruta Fresca de Temporada

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (1,3,14)
- Fries
- Corn and peas
- Nicoise salad (3,4)
- Fresh Orange Juice
- Soy Dairies (6)
- Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini with italian sauce (1,3)
- Patatas Roast
- Broccoli & Carrots
- Beans salad
- Jelly fruit
- Soy Dairies (6)
- Seasonal Fresh Fruit

14

- 1 - Puchero soup (1,3,9,12)
- 2 - Turkey roti (1,6)
- Boiled potatoes
- Mixed vegetables sautéed
- Rice salad
- Homemade Fruit Compote & Biscuit (1,3)
- Soy Dairies (6)
- Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (1,3)
- 2 - Breaded fish with tartara sauce (1,3,4,10)
- Fries
- Corn and peas
- Pasta salad (1,3)
- Soy Dairies (6)
- Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat
- Saffron boiled rice
- Stir Fry vegetables
- Seafood salad (2,4,14)
- Fresh fruit salad
- Soy Dairies (6)
- Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)
- Seasonal vegetables
- Day salad (3,4)
- Fresh Orange Juice
- Soy Dairies (6)
- Seasonal Fresh Fruit

20

- 1 - Rice sautéed with vegetables
- 2 - Oven baked salmon (4) & potatoes mashed (no milk)
- Broccoli & carrots
- Pasta salad (1,3)
- Jelly fruit
- Soy Dairies (6)
- Seasonal Fresh Fruit

21

- 1 - Cesar salad (no cheese, sauce and croutons)
- 2 - Hamburger (no cheese and bread) (6,12)
- Fresh Chips
- Onion rings & Dippa
- Mixed salad (3,4)
- Homemade Fruit Compote & Biscuit (1,3)
- Soy Dairies (6)
- Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Pasta sauteed with tuna and vegetables (1,3,4)
- Mini Roast potatoes
- Peas and corn
- Nicoise salad (3,4)
- Soy Dairies (6)
- Seasonal Fresh Fruit

25

- 1 - Soup asparaguos (no croutons,12)
- 2 - Meatball in tomato sauce (esp.sin alergenos)
- Roast potatoes
- Stir Fry vegetables
- Salad mixed (3,4)
- Fresh fruit salad
- Soy Dairies (6)
- Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,3,4)
- Boiled potatoes
- Carrots sauteed
- Coleslaw salad
- Fresh Orange Juice
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

27

- 1 - Spinach fritatta with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)
- Roast potatoes
- Stir Fry vegetables
- Pasta salad (1,3)
- Jelly fruit
- Selection of Dairies (1,3,7)
- Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta in tomato sauce (1,3)
- 2 - Oven baked cod (4)
- Fries
- Corn and peas
- Cesar salad (no cheese, sauce and croutons)
- Homemade Fruit Compote
- Soy Dairies (6)
- Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)
- Egg noodles (1,3)
- Mixed salad (3,4)
- Soy Dairies (6)

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN HUEVO ENERO 2020

## MONDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

## TUESDAY

**2021**  
HAPPY NEW YEAR

## WEDNESDAY



## THURSDAY

## FRIDAY

7

- 1 - Sautéed special no allergic pasta with garlic (1,3)
- 2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Dairy (7)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

14

- 1 - Puchero soup (9,12) (special no allergic)
- 2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Dairy (7)  
Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (special no allergic)
- 2 - Breaded fish with tartara sauce (1,no egg,4,10)  
Fries  
Corn and peas  
Pasta salad (special no allergic)  
  
Dairy (7)  
Seasonal Fresh Fruit

11

- 1 - Vegetable Cream & croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (no egg,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

12

- 1 - Boiled rice in tomato sauce
- 2 - Breaded squid (1,no egg,14)  
Fries  
Corn and peas  
Nicoise salad (no egg,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini in italian sauce (special no allergic)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

21

- 1 - Cesar salad (no sauce,1,6,7,11)
- 2 - Meat hamburger no bread (6,12)  
Fresh Chips  
Onion rings & Dippa  
Ensalada Mixta (no egg,4)  
Homemade Fruit Compote  
Dairy (7)  
Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Pasta sauteed with tuna and vegetables (special no allergic,4)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Chicken fillet  
Seasonal vegetables  
Day salad (no egg,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

20

- 1 -Rice sautéedwith vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

25

- 1 - Soup asparagus with croutons (1,6,7,11,12)
- 2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (no egg,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (1,no egg,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

27

- 1 - Spinach fritatta
- 2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta (special no allergic) in Cheese Sauce (7)
- 2 - Coven baked cod  
Fries  
Corn and peas  
Cesar salad (no sauce,1,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Dairy (7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)
- 2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (special no allergic)  
Mixed salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN HUEVO NI KIWI ENERO 2020

## MONDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

## TUESDAY

**2021**  
HAPPY NEW YEAR

## WEDNESDAY



## THURSDAY

## FRIDAY

7

- 1 - **Sautéed special no allergic pasta with garlic**
- 2 - **Turkey sausages (6)**  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Dairy (7)

8

- 1 - **Lentil Soup & Chorizo (12)**
- 2 - **Fine herb chicken fillet**  
Fries  
Corn and peas  
Nicoise salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

14

- 1 - **Puchero soup (9,12) (special no allergic)**
- 2 - **Turkey roti (1,6)**  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Dairy (7)  
Seasonal Fresh Fruit

15

- 1 - **Spaguetti in pesto sauce (special no allergic)**
- 2 - **Breaded fish with tartara sauce (1,no egg,4,10)**  
Fries  
Corn and peas  
Pasta salad (special no allergic)  
  
Dairy (7)  
Seasonal Fresh Fruit

11

- 1 - **Vegetable Cream & croutons (1,6,7,11,12)**
- 2 - **Meatball in tomato sauce (1,6,7)**  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (no egg,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

12

- 1 - **Boiled rice in tomato sauce**
- 2 - **Breaded squid (1,no egg,14)**  
Fries  
Corn and peas  
Nicoise salad (no egg,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

13

- 1 - **Zucchini and leeks soup**
- 2 - **Meat tortellini in italian sauce (special no allergic)**  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

21

- 1 - **Cesar salad (no sauce,1,6,7,11)**
- 2 - **Meat hamburger no bread (6,12)**  
Fresh Chips  
Onion rings & Dippa  
Ensalada Mixta (no egg,4)  
Homemade Fruit Compote  
Dairy (7)  
Seasonal Fresh Fruit

22

- 1 - **Carrots cream (12)**
- 2 - **Pasta sauteed with tuna and vegetables (special no allergic,4)**  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

18

- 1 - **Carrot and sweet potato soup**
- 2 - **Sweet chili with meat**  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

19

- 1 - **Chickpeas soup and vegetables**
- 2 - **Chicken fillet**  
Seasonal vegetables  
Day salad (no egg,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

20

- 1 - **Rice sautéed with vegetables**
- 2 - **Menière salmon & Mashed potatoes (4,7)**  
Broccoli & carrots  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

28

- 1 - **Conchiglie Pasta (special no allergic) in Cheese Sauce (7)**
- 2 - **Oben baked cod**  
Fries  
Corn and peas  
Cesar salad (no sauce,1,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Dairy (7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - **Soup asparagus with croutons (1,6,7,11,12)**
- 2 - **Meatball in tomato sauce (1,6,7)**  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (no egg,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

26

- 1 - **Vegetables curry & saffron rice**
- 2 - **Breaded fish in lemon sauce (1,no egg,4)**  
Boiled potatoes  
Carrots sautéed  
Coleslaw salad  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

27

- 1 - **Spinach fritatta**
- 2 - **Smoked pork with gravy sauce (12)**  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

- 1 - **Spring Rolls & Sweet and Sour Sauce (1,6,12)**
- 2 - **Chicken Chop Suey or Vegetarian Chow Mein (6,11)**  
Egg noodles (special no allergic)  
Mixed salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN GUTEN ENERO 2020

## MONDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

## TUESDAY

**2021**  
HAPPY NEW YEAR

## WEDNESDAY



## THURSDAY

## FRIDAY

7

- 1 - Sautéed special no allergic pasta with garlic
- 2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Dairy (7)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

14

- 1 - Puchero soup (9,12) (special no allergic)
- 2 - Turkey ragout  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote  
Dairy (7)  
Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (special no allergic)
- 2 - Breaded fish with tartara sauce (cornmeal,3,4,10)  
Fries  
Corn and peas  
Pasta salad (special no allergic)  
  
Dairy (7)  
Seasonal Fresh Fruit

11

- 1 - Vegetable Cream & (no croutons,12)
- 2 - Meatball in tomato sauce (esp.sin alergenos)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (cornmeal,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini in italian sauce (special no allergic)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

21

- 1 - Cesar salad (7, no croutons)
- 2 - Meat hambrguer no bread (6,12)  
Fresh Chips  
Onion rings & Dippa  
Ensalada Mixta (3,4)  
Homemade Fruit Compote  
Dairy (7)  
Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Pasta sauteed with tuna and vegetables (special no allergic,4)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (no egg,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

20

- 1 - Rice sautéed with vegetables
- 2 - Menière salmon & Mashed potatoes (4,7)  
Broccoli & carrots  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

25

- 1 - Soup asparaguos (no croutons,12)
- 2 - Meatball in tomato sauce (esp.sin alergenos)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Dairy (7)  
Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (cornmeal,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Dairy (7)  
Seasonal Fresh Fruit

27

- 1 - Spinach fritatta with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (special no allergic)  
Jelly fruit  
Dairy (7)  
Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta (special no allergic) in Cheese Sauce (7)
- 2 - Oben baked cod  
Fries  
Corn and peas  
Cesar salad (7, no croutons)  
Homemade Fruit compote & Greek Yogur (7)  
Dairy (7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - Vegetable cream (12)
- 2 - Chicken Chop Suey (6,11)  
Egg noodles (special no allergic)  
Mixed salad (3,4)  
  
Dairy (7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN GUTEN NI LACTOSA ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

- 1 - Sautéed special no allergic pasta with garlic
- 2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Soy Dairies (6)

8

- 1 - Lentil Soup & Chorizo (12)
- 2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
  
Soy Dairies (6)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

- 1 - Vegetable Cream & (no croutons,12)
- 2 - Meatball in tomato sauce (esp. sin alérgenos)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Soy Dairies (6)  
Seasonal Fresh Fruit

12

- 1 - Three delights rice & tomato sauce (3,6)
- 2 - Breaded squid (cornmeal,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Soy Dairies (6)  
Seasonal Fresh Fruit

13

- 1 - Zucchini and leeks soup
- 2 - Meat tortellini in italian sauce (special no allergic)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Soy Dairies (6)  
Seasonal Fresh Fruit

14

- 1 - Puchero soup (9,12) (special no allergic)
- 2 - Turkey ragout  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote  
Soy Dairies (6)  
Seasonal Fresh Fruit

15

- 1 - Spaguetti in pesto sauce (special no allergic)
- 2 - Breaded fish with tartara sauce (cornmeal,3,4,10)  
Fries  
Corn and peas  
Pasta salad (special no allergic)  
Soy Dairies (6)  
Seasonal Fresh Fruit

18

- 1 - Carrot and sweet potato soup
- 2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Soy Dairies (6)  
Seasonal Fresh Fruit

19

- 1 - Chickpeas soup and vegetables
- 2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Soy Dairies (6)  
Seasonal Fresh Fruit

20

- 1 - Rice sautéed with vegetables
- 2 - Menière salmon & Mashed potatoes (4, no milk)  
Broccoli & carrots  
Pasta salad (special no allergic)  
Jelly fruit  
Soy Dairies (6)  
Seasonal Fresh Fruit

21

- 1 - Cesar salad (no cheese, sauce and no croutons)
- 2 - Meat hambrquer no bread (6,12)  
Fresh Chips  
Onion rings & Dippa  
Ensalada Mixta (3,4)  
Homemade Fruit Compote  
Soy Dairies (6)  
Seasonal Fresh Fruit

22

- 1 - Carrots cream (12)
- 2 - Pasta sauteed with tuna and vegetables (special no allergic,4)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (no egg,4)  
  
Soy Dairies (6)  
Seasonal Fresh Fruit

25

- 1 - Soup asparaguos (no croutons,12)
- 2 - Meatball in tomato sauce (esp. sin alérgenos)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Soy Dairies (6)  
Seasonal Fresh Fruit

26

- 1 - Vegetables curry & saffron rice
- 2 - Breaded fish in lemon sauce (cornmeal,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Soy Dairies (6)  
Seasonal Fresh Fruit

27

- 1 - Spinach frittata with boiled eggs (3)
- 2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (special no allergic)  
Jelly fruit  
Soy Dairies (6)  
Seasonal Fresh Fruit

28

- 1 - Conchiglie Pasta (special no allergic) in tomato Sauce
- 2 - Oben baked cod  
Fries  
Corn and peas  
Cesar salad (no cheese, sauce and croutons)  
Homemade Fruit compote  
Soy Dairies (6)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

- 1 - Vegetable cream (12)
- 2 - Chicken Chop Suey (6,11)  
Egg noodles (special no allergic)  
Mixed salad (3,4)  
  
Soy Dairies (6)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ SIN PESCADO ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Breaded squid (1,3,14)  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded chicken with tartara sauce (1,3,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Chicken filletn & Mashed potatoes (7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (no sauce,1,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,no tuna)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Vegetables lasagne (1,3,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded chicken in lemon sauce (1,3)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Oven baked turkey  
Fries  
Corn and peas  
Cesar salad (no sauce,1,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,no tuna)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.



# MENÚ SIN PESCADO ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Vegetarian caneloni (1,3,7)  
2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & Chorizo (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Oven baked turkey  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey roti (1,6)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Breaded chicken with tartara sauce (1,3,10)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Chicken filletn & Mashed potatoes (7)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (no sauce,1,6,7,11)  
2 - Hfull hamburger (1,3,6,7,11,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,no tuna)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Vegetables lasagne (1,3,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Breaded chicken in lemon sauce (1,3)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach fritatta with boiled eggs (3)  
2 - Smoked pork with gravy sauce (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Oven baked turkey  
Fries  
Corn and peas  
Cesar salad (no sauce,1,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chicken Chop Suey or Vegetarian Chow Mein (6,11)  
Egg noodles (1,3)  
Mixed salad (3,no tuna)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.

# MENÚ VEGETARIANO ENERO 2020

## MONDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

## TUESDAY

**2021**  
HAPPY NEW YEAR

## WEDNESDAY



## THURSDAY

## FRIDAY

7

1 - Vegetarian caneloni (1,3,7)  
2 - Vegetables croquettes (1,6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup (12)  
2 - Tofu swekers (6)  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Vegetables saussages (1,3,9)  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Vegetables Nuggets (1,6)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - Cesar salad (sin pollo,1,3,4,6,7,11)  
2 - Full seitan and carrots burger (1,6,10)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,no tuna)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Soup carrots (12)  
2 - Vegetable style lasagne (1,3,7)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in Cheese Sauce (1,3,7)  
2 - Vegetable croquettes (1,6)  
Fries  
Corn and peas  
Cesar salad (sin pollo,1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogurt (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Spring Rolls & Sweet and Sour Sauce (1,6,12)  
2 - Chow Mein Vegetarian  
Egg noodles (1,3)  
Mixed salad (3,no tuna)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramucos	Moluscos

11

1 - Vegetable Cream & croutons (1,6,7,11,12)  
2 - Seitan Vegetabtableball in tomato sauce(1,6)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Boiled rice & tomato sauce  
2 - Seitan anf carrots hamburguers (1,6,10)  
Fries  
Corn and peas  
Nicoise salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Vegetable tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Tofu and quacamole fajitas (1,6)  
Saffron boiled rice  
Stir Fry vegetables  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - Spanish omelette (3)  
Seasonal vegetables  
Day salad (3,no tuna)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 - Rice sauted with vegetables  
2 - Tofu swekers (6)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus with croutons (1,6,7,11,12)  
2 - Seitan Vegetabtableball in tomato sauce(1,6)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,no tuna)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetable Curry & Azafran Rice  
2 - Vegetables nuggets (1,6)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach Frittata with Poached Egg (3)  
2 - Seitan & Gravy Sauce (1,6)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración

# MENÚ BAJO EN COLESTEROL ENERO 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VERDURAS

PASTA, ARROZ, HUEVOS

CARNE

PESCADO

POSTRES

**2021**  
HAPPY NEW YEAR



7

1 - Sautéed pasata with garlic (1,3)  
2 - Turkey sausages (6)  
Roast potatoes  
Chard sautéed with peepers  
Rice salad  
Seasonal Fresh Fruit  
Homemade Fruit Compote & Greek yogurt  
Selection of Dairies (1,3,7)

8

1 - Lentil Soup & vegetables (12)  
2 - Fine herb chicken fillet  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Chocolate and Custards cake (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustáceos	Huevos	Pescado	Cacahuete	Soja	Leche	Frutos de cáscara	Apio	Mostaza	Sésamo	Sulfitos	Altramuces	Moluscos

11

1 - Vegetable Cream (no croutons,12)  
2 - Meatball in tomato sauce (1,6,7)  
Patatas Roast  
Verdura Stir Fry  
Mixed salad (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

12

1 - Three delights rice & tomato sauce (3,6)  
2 - Grilles squid (14)  
Fries  
Corn and peas  
Nicoise salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

13

1 - Zucchini and leeks soup  
2 - Meat tortellini with italian sauce (1,3)  
Patatas Roast  
Broccoli & Carrots  
Beans salad  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

14

1 - Puchero soup (1,3,9,12)  
2 - Turkey ragout  
Boiled potatoes  
Mixed vegetables sautéed  
Rice salad  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

15

1 - Spaguetti in pesto sauce (1,3)  
2 - Oven baked hake fillet (4)  
Fries  
Corn and peas  
Pasta salad (1,3)  
Apricot and custards cake(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

18

1 - Carrot and sweet potato soup  
2 - Sweet chili with meat  
Saffron boiled rice  
Stir Fry vegetables  
Seafood salad (2,4,14)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

19

1 - Chickpeas soup and vegetables  
2 - French omelette (3)  
Seasonal vegetables  
Day salad (3,4)  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

20

1 -Rice sautéedwith vegetables  
2 - Oven baked salmon (4)  
Broccoli & carrots  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

21

1 - César salad (no sauce no croutons)  
2 - Grilled hamburger (6,12)  
Fresh Chips  
Onion rings & Dippa  
Mixed salad (3,4)  
Homemade Fruit Compote & Biscuit (1,3)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

22

1 - Carrots cream (12)  
2 - Pasta sauteed with tuna and vegetables (1,3,4)  
Mini Roast potatoes  
Peas and corn  
Nicoise salad (3,4)  
Vanilla Cake & Caramel Sauce (1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

25

1 - Soup asparagus (no croutons,12)  
2 - Meatball in tomato sauce (1,6,7)  
Roast potatoes  
Stir Fry vegetables  
Salad mixed (3,4)  
Fresh fruit salad  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

26

1 - Vegetables curry & saffron rice  
2 - Fish filet in lemon sauce (1,3,4)  
Boiled potatoes  
Carrots sauteed  
Coleslaw salad  
Fresh Orange Juice  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

27

1 - Spinach sauteed with boiled eggs (3)  
2 - Smoked pork (12)  
Roast potatoes  
Stir Fry vegetables  
Pasta salad (1,3)  
Jelly fruit  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

28

1 - Conchiglie Pasta in tomato Sauce (1,3)  
2 - Oven baked cod (4)  
Fries  
Corn and peas  
Cesar salad (1,3,4,6,7,11)  
Homemade Fruit compote & Greek Yogur (7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

29 - DIA TEMATICO - "ALMUERZO CHINO"

1 - Cream vegetable (12)  
2 - Chicken Chop Suey (6,11)  
Egg noodles (1,3)  
Mixed salad (3,4)  
Caramelized Chinese Pudding(1,3,7)  
Selection of Dairies (1,3,7)  
Seasonal Fresh Fruit

Energía expresada en Kcal y macronutrientes en gramos (valoración de los platos principales del menú)

Fruta de temporada en función de su estado de maduración.