

## Secondary menu - January 2024

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY							MIÉRCOLES							JUEVES							VIERNES																																									
8							9							10							11							12 - U.S.A FRIDAY																																		
Rice with tomato sauce							Organic lentils soup							Creamy of leek soup & cheese (3,7,12)							Spanish "cocido" soup (1,3,6,10)							Chicken Caesar Salad (1,3,4,6,7)																																		
Veal meatballs in sauce (1,6,7,12)							Spanish potato omelette (3)							Roasted chicken & laurel							Organic chickpeas, meat, vegetables... stew							Hamburger (bacon, lettuce, onion and cheese) (1,3,6,7,12)																																		
Stuffed aubergine (with soya protein) (6)							Battered cuttlefish (baked) (1,2,3,4,6,7,12,14)							Veggie "pakoras"							Hake fillet & lemon (grilled) (4)							Veggie hamburger (1,6,12)																																		
Green beans and paprika Steamed potatoes (12) Mediterranean salad							Aubergine tomato & oregano mini pizzas Tabouleh (1,3,6,10) Greek salad (3,7)							Rice "Pilaf" (with vegetables) Grilled seasonal vegetables Caesar salad (1,3,4,6,7)							Roasted potatoes (12) Sautèed mushrooms Chicken and apple salad							Roasted potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw salad (3,6)																																		
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit																																		
kcal	808,8	Lip	36,1	Prot	38,6	HdC	82	kcal	598,7	Lip	15,6	Prot	21,1	HdC	93	kcal	604,8	Lip	27,4	Prot	28,3	HdC	61	kcal	785,2	Lip	27,9	Prot	31,6	HdC	102	kcal	862,0	Lip	36,2	Prot	61,2	HdC	73																							
15							16							17							18							19 - JAPANESE FRIDAY																																		
Creamy of vegetables soup with croutons (baked) (1,12)							Cacio e Peppe macaronni (1,3,6,10)							Organic beans soup							"Riojana" style potatoes casserole (with chorizo) (12)							Sweet corn & rice soup																																		
Lean pork & tomato							"Vizcaina" style codfish (with peppers) (4)							"Villarroy" eggs (1,2,3,4,6,7,12,14)							Hake goujons (pan seared) (1,4)							Katsu chicken served with Japanese inspired curry sauce																																		
Veggie croquettes (1,6)							Sweet and sour tofu with peppers (6)							Homemade bolognese "empanada" (1,3,6,7,10)							Hummus & vegetables fajita (1)							Katsu seitan (1)																																		
							"Chilindrón" style chicken fillet																																																							
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)							Diced potatoes (12) Steamed vegetables Murcia style salad: tomato, tuna, onion, olives, hard boiled egg (3,4,12)							Cous-cous (1,3,6,10) Roasted tomato & oregano "Pico de gallo" salad							Pasta salad (1,3,4,6,10) Sautèed peas House salad							Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) Salad with honey and mustard sauce (10)																																		
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit																																		
kcal	600,0	Lip	23,6	Prot	44,8	HdC	52	kcal	662,8	Lip	25,3	Prot	28,3	HdC	81	kcal	659,7	Lip	19,8	Prot	21,0	HdC	99	kcal	707,7	Lip	23,7	Prot	41,9	HdC	82	kcal	682,4	Lip	18,2	Prot	43,9	HdC	86																							
23							24							25							26							27 - Mexican FRIDAY																																		
Pasta with homemade tomato sauce (1,3,6,10)							Creamy of pumpkin and carrot soup (12)							Organic lentils soup & "chorizo"							Ensalada Capresse (3,7)							Chicken and corn soup																																		
Wok calamari (14)							Roasted chicken							Salmon cooked in orange sauce (4)							Homemade lasagna "italian" style (1,3,6,7,10)							Chicken fajitas (1)																																		
"Flamenquines" (1,3,6,7)							Homemade white beans veggie burger (1,6)							Scrambled egg & asparagus (3)							Homemade vegetable lasagna (1,6,10)							Veggie fajitas with vegetables, beans and guacamole (1)																																		
Fallafel with yoghurt sauce (7)														Pincho Moruno																																																
Roasted potatoes (12) Cauliflower & mayonnaise (3,4) Salad with peppers							Cus cus (1,3,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)							Steamed rice Grilled seasonal vegetables Ensalada Griega de pepino y yogur (7)							Garlic bread (1,3,7) Grilled courgette & spices Green salad with olives							Baked red and green pepper and onion Mexican style rice Green salad																																		
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit																																		
kcal	656,3	Lip	16,0	Prot	45,9	HdC	82	kcal	606,0	Lip	27,3	Prot	27,9	HdC	62	kcal	680,6	Lip	23,9	Prot	36,2	HdC	80	kcal	505,5	Lip	17,1	Prot	25,5	HdC	62	kcal	683,5	Lip	23,3	Prot	42,4	HdC	76																							
29							30							31							<div><div>VEGETABLES</div><div>PASTA, RICE, EGGS</div><div>FISH</div><div>MEAT</div><div>DESSERT</div></div> <table><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>Gluten</td><td>Crustaceans</td><td>Eggs</td><td>Fish</td><td>Peanut</td><td>Soya</td><td>Milk</td><td>Tree nuts</td><td>Celery</td><td>Mustard</td><td>Sesame</td><td>Sulphur dioxide</td><td>Lupin</td><td>Molluscs</td></tr></table>														1	2	3	4	5	6	7	8	9	10	11	12	13	14	Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs
1	2	3	4	5	6	7	8	9	10	11	12	13	14																																																	
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs																																																	
Breaded cauliflower (1,2,4,7,14)							Seafood "fideua" (1,2,3,4,6,10,14)							Spanish "cocido" soup (1,3,6,10)																																																
Veal meatballs in sauce (1,6,7,12)							Chicken in sauce							Organic chickpeas, meat, vegetables... stew																																																
Stuffed tomato (vegetables, rice and soya protein) (6)							Homemade spinach "quiche" (1,3,7)							Spanish omelette with potato and onion (3)																																																
Fries (12)							Grilled vegetables							Garlic bread (1,3,7)																																																
Sautèed mushrooms							Roasted potatoes (12)							Vegetables stew																																																
Mediterranean salad							Salad							Chicken salad & sauce (3,6)																																																
Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit							Dairy dessert (7) Seasonal fruit																																																
kcal	788,9	Lip	47,4	Prot	37,5	HdC	53	kcal	787,7	Lip	21,0	Prot	43,0	HdC	107	kcal	785,2	Lip	27,9	Prot	31,6	HdC	102																																							

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

## Secondary menu - Whitout pork meat - January 2024

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY		MIÉRCOLES	JUEVES	VIERNES
8	9	10	11	12 - U.S.A FRIDAY
Rice with tomato sauce	Organic lentils soup	Creamy of leek soup & cheese (3,7,12)	Homemade vegetables soup (1,3,6,10)	Chicken Caesar Salad (1,3,4,6,7)
Veal meatballs in sauce (1,6,7,12)	Spanish potato omelette (3)	Roasted chicken & laurel	Hake fillet & lemon (grilled) (4)	Veggie hamburger (1,6,12)
Green beans and paprika Steamed potatoes (12) Mediterranean salad	Aubergine tomato & oregano mini pizzas Tabouleh (1,3,6,10) Greek salad (3,7)	Rice "Pilaf" (with vegetables) Grilled seasonal vegetables Caesar salad (1,3,4,6,7)	Roasted potatoes (12) Sautéed mushrooms Chicken and apple salad	Roasted potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw salad (3,6)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
15	16	17	18	19 - JAPANESE FRIDAY
Creamy of vegetables soup with croutons (baked) (1,12)	Cacio e Pepe macaronni (1,3,6,10)	Organic beans soup	Pasta salad (1,3,4,6,10)	Sweet corn & rice soup
Veggie croquettes (1,6)	"Vizcaína" style codfish (with peppers) (4)	"Villarroy" eggs (1,2,3,4,6,7,12,14)	Hake goujons (pan seared) (1,4)	Katsu chicken served with Japanese inspired curry sauce
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)	Diced potatoes (12) Steamed vegetables Murcia style salad: tomato, tuna, onion, olives, hard boiled egg (3,4,12)	Cous-cous (1,3,6,10) Roasted tomato & oregano "Pico de gallo" salad	Fries (12) Sautéed peas House salad	Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) Salad with honey and mustard sauce (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
23	24	25	26	27 - Mexican FRIDAY
Pasta with homemade tomato sauce (1,3,6,10)	Creamy of pumpkin and carrot soup (12)	Organic lentils soup & vegetables	Ensalada Capresse (3,7)	Chicken and corn soup
Wok calamari (14)	Roasted chicken	Salmon cooked in orange sauce (4)	Homemade vegetable lasagna (1,6,10)	Chicken fajitas (1)
Roasted potatoes (12) Cauliflower & mayonnaise (3,4) Salad with peppers	Cus cus (1,3,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)	Steamed rice Grilled seasonal vegetables Ensalada Griega de pepino y yogur (7)	Garlic bread (1,3,7) Grilled courgette & spices Green salad with olives	Baked red and green pepper and onion Mexican style rice Green salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
29	30	31	<div>VEGETABLES</div> <div>PASTA, RICE, EGGS</div> <div>FISH</div> <div>MEAT</div> <div>DESSERT</div>	
Breaded cauliflower (1,2,4,7,14)	Seafood "fideua" (1,2,3,4,6,10,14)	Homemade vegetables soup (1,3,6,10)		
Stuffed tomato (vegetables, rice and soya protein) (6)	Chicken in sauce	Spanish omelette with potato and onion (3)		
Fries (12) Sautéed mushrooms Mediterranean salad	Grilled vegetables Roasted potatoes (12) Salad	Garlic bread (1,3,7) Vegetables stew Chicken salad & sauce (3,6)		
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit		

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

## Secondary menu - Gluten free - January 2024

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY		MIÉRCOLES	JUEVES	VIERNES
8	9	10	11	12 - U.S.A FRIDAY
Rice with tomato sauce	Organic lentils soup	Creamy of leek soup & cheese (3,7,12)	Spanish "cocido" soup (gluten free noodles)	Chicken Caesar Salad (croutons sin gluten,3,4,6,7)
Veal meatballs in sauce (1,6,7,12)	Spanish potato omelette (3)	Roasted chicken & laurel	Organic chickpeas, meat, vegetables... stew	Allergen free hamburger (bacon, lettuce, onion and cheese) (gluten free bread, 3,6,7,12)
Green beans and paprika Steamed potatoes (12) Mediterranean salad	Aubergine tomato & oregano mini pizzas Tabouleh (allergen free) Greek salad (3,7)	Rice "Pilaf" (with vegetables) Grilled seasonal vegetables Caesar salad (gluten free croutons, ,3,4,6,7)	Roasted potatoes (12) Sautéed mushrooms Chicken and apple salad	Roasted potatoes (12) Roasted onion Coleslaw salad (3,6)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
15	16	17	18	19 - JAPANESE FRIDAY
Creamy of vegetables soup with croutons (baked) (1,12)	Cacio e Pepe macaronni (gluten free lasagna)	Organic beans soup	"Riojana" style potatoes casserole (with chorizo) (12)	Sweet corn & rice soup
Lean pork & tomato	"Vizcaína" style codfish (with peppers) (4)	Zucchini omelette (3)	Hake goujons (pan seared) (1,4)	Katsu chicken served with Japanese inspired curry sauce
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)	Diced potatoes (12) Steamed vegetables Murcia style salad: tomato, tuna, onion, olives, hard boiled egg (3 & 12)	Cous-cous (allergen free) Roasted tomato & oregano "Pico de gallo" salad	Pasta salad (gluten free: 3,4) Sautéed peas House salad	Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) Salad with honey and mustard sauce (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
23	24	25	26	27 - Mexican FRIDAY
Pasta with homemade tomato sauce (gluten free pasta)	Creamy of pumpkin and carrot soup (12)	Organic lentils soup & "chorizo"	Ensalada Capresse (3,7)	Chicken and corn soup
Wok calamari (14)	Roasted chicken	Salmon cooked in orange sauce (4)	Homemade lasagna "italian" style (gluten free lasagna)	Chicken fajitas (gluten free)
Roasted potatoes (12) Cauliflower & mayonnaise (3,4) Salad with peppers	Cous-cous (allergen free) Green beans Mixed salad with hard boiled egg & tuna (3,4)	Steamed rice Grilled seasonal vegetables Ensalada Griega de pepino y yogur (7)	Gluten free garlic bread (3,7) Grilled courgette & spices Green salad with olives	Baked red and green pepper and onion Mexican style rice Green salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
29	30	31	<div> <div>VEGETABLES</div> <div>PASTA, RICE, EGGS</div> <div>FISH</div> <div>MEAT</div> <div>DESSERT</div> </div>	
Homemade breaded cauliflower (corn flour)	Seafood "fideua" (gluten free pasta)	Spanish "cocido" soup (gluten free noodles)		
Homemade veal meatballs in sauce (allergen free)	Chicken in sauce	Organic chickpeas, meat, vegetables... stew		
Fries (12) Sautéed mushrooms Mediterranean salad	Grilled vegetables Roasted potatoes (12) Salad	Gluten free garlic bread (3,7) Vegetables stew Chicken salad & sauce (3,6)		
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit		

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

## Secondary menu - vegetarian - January 2024

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY		MIÉRCOLES	JUEVES	VIERNES
8	9	10	11	12 - U.S.A FRIDAY
Rice with tomato sauce	Organic lentils soup	Creamy of leek soup & cheese (3,7,12)	Homemade vegetables soup (1,3,6,10)	Caesar Salad (1,3,6,7). No chicken.
Stuffed aubergine (with soya protein) (6)	Spanish potato omelette (3)	Veggie "pakoras"	Vegetarian stew (without meat)	Veggie hamburger (1,6,12)
Green beans and paprika Steamed potatoes (12) Mediterranean salad	Aubergine tomato & oregano mini pizzas Tabouleh (1,3,6,10) Greek salad (3,7)	Rice "Pilaf" (with vegetables) Grilled seasonal vegetables Caesar salad (1,3,4,6,7)	Roasted potatoes (12) Sautéed mushrooms Chicken and apple salad	Roasted potatoes (12) Onion rings with ranch sauce (1,2,3,4,6,8,9,10) Coleslaw salad (3,6)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
15	16	17	18	19 - JAPANESE FRIDAY
Creamy of vegetables soup with croutons (baked) (1,12)	Cacio e Pepe macaronni (1,3,6,10)	Organic beans soup	Pasta salad (no meat, no fish) (1,3,6,10)	Sweet corn & rice soup
Veggie croquettes (1,6)	Sweet and sour tofu with peppers (6)	Zucchini omelette (3)	Hummus & vegetables fajita (1)	Katsu seitan (1)
Saffron rice Broccoli & garlic Salad with hard boiled egg (3)	Diced potatoes (12) Steamed vegetables Salad: tomato, onion, olives, hard boiled egg (3,12)	Cous-cous (1,3,6,10) Roasted tomato & oregano "Pico de gallo" salad	Pasta salad (1,3,4,6,10) Sautéed peas House salad	Steamed rice Fresh vegetables in "tempura" (breaded with corn flour) Salad with honey and mustard sauce (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
23	24	25	26	27 - Mexican FRIDAY
Pasta with homemade tomato sauce (1,3,6,10)	Creamy of pumpkin and carrot soup (12)	Organic lentils soup & "chorizo"	Ensalada Capresse (3,7)	Chicken and corn soup
Fallafel with yoghurt sauce (7)	Homemade white beans veggie burger (1,6)	Scrambled egg & asparagus (3)	Homemade vegetable lasagna (1,6,10)	Veggie fajitas with vegetables, beans and guacamole (1)
Roasted potatoes (12) Cauliflower & mayonnaise (3,4) Salad with peppers	Cus cus (1,3,6,10) Green beans Mixed salad with hard boiled egg & tuna (3,4)	Steamed rice Grilled seasonal vegetables Ensalada Griega de pepino y yogur (7)	Garlic bread (1,3,7) Grilled courgette & spices Green salad with olives	Baked red and green pepper and onion Mexican style rice Green salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit
29	30	31	<div>VEGETABLES</div> <div>PASTA, RICE, EGGS</div> <div>DESSERT</div>	
Homemade breaded cauliflower (corn flour)	Vegetables "fideua" (1,3,6,10)	Homemade vegetables soup (1,3,6,10)		
Stuffed tomato (vegetables, rice and soya protein) (6)	Homemade spinach "quiche" (1,3,7)	Spanish omelette with potato and onion (3)		
Fries (12) Sautéed mushrooms Mediterranean salad	Grilled vegetables Roasted potatoes (12) Salad	Garlic bread (1,3,7) Vegetables stew Chicken salad & sauce (3,6)		
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit		

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

## Secondary menu - Low calories - January 2024

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

MONDAY			MIÉRCOLES		JUEVES				VIERNES										
8		9		10		11				12 - U.S.A FRIDAY									
Green beans and paprika		Greek salad (3,7)		Creamy of leek soup (12)		Sautèed mushrooms				Cauliflower salad (no sauce)									
Grilled fish fillet (4)		Plain omelette (3)		Roasted chicken & laurel		Hake fillet & lemon (grilled) (4)				Grilled chicken fillet									
Steamed potatoes (12)		Aubergine tomato & oregano mini pizzas		Grilled seasonal vegetables		Roasted potatoes (12)				Roasted potatoes (12)									
Mediterranean salad		Greek salad (3,7)		Caesar salad (1,3,4,6,7)		Chicken and apple salad				White asparagus									
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit				Dairy dessert (7) Seasonal fruit									
15		16		17		18				19 - JAPANESE FRIDAY									
Creamy of vegetables soup (12)		Steamed vegetables		Roasted tomato & oregano		Sautéed peas				Vegetables soup									
Grilled fish fillet (4)		Grilled chicken fillet		Zucchini omelette (3)		Hake goujons (grilled) (4)				Sautèed diced chicken & vegetables									
Broccoli & garlic		Diced potatoes (12)		Cous-cous (1,3,6,10)		Pasta salad (1,3,4,6,10)				Fresh vegetables in "tempura" (breaded with corn flour)									
Salad with hard boiled egg (3)				"Pico de gallo" salad		House salad				Salad with honey and mustard sauce (10)									
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit				Dairy dessert (7) Seasonal fruit									
23		24		25		26				27 - Mexican FRIDAY									
Cauliflower tossed with olive oil and vinegar		Green beans		Grilled seasonal vegetables		Ensalada Capresse (3,7)				Baked red and green pepper and onion									
Wok calamari (14)		Roasted chicken (remove the skin)		Grilled salmon (4)		Scrambled egg & asparagus (3)				Grilled chicken fillet									
Roasted potatoes (12)		Cus cus (1,3,6,10)		Steamed rice		Grilled courgette & spices				Mexican style rice									
Salad with peppers		Mixed salad with hard boiled egg & tuna (3,4)		Ensalada Griega de pepino y yogur (7)		Green salad with olives				Green salad									
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit				Dairy dessert (7) Seasonal fruit									
29		30		31		<div>VEGETABLES</div> <div>PASTA, RICE, EGGS</div> <div>FISH</div> <div>MEAT</div> <div>DESSERT</div>													
Sautèed mushrooms		Grilled vegetables		Vegetables stew															
Grilled chicken fillet		Spinach omelette (3)		Grilled fish fillet (4)															
Cauliflower tossed with olive oil and vinegar		Roasted potatoes (12)		White asparagus															
Mediterranean salad		Salad		Chicken salad & sauce (3,6)															
Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit		Dairy dessert (7) Seasonal fruit															

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Gluten	Crustaceans	Eggs	Fish	Peanut	Soya	Milk	Tree nuts	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Molluscs

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