

Secondary menu - April 2024

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY																			
1					2					3					4					5																			
School holidays																																							
School holidays																																							
School holidays																																							
School holidays																																							
School holidays																																							
8					9					10					11					12 - USA FRIDAY																			
Sautéed vegetables					Carbonara macaronni (1,3,6,7,10)					"Cocido" soup (1,3,6,10)					Rice with homemade tomato sauce					Caesar salad (1,3,4,6,7,10)																			
Veal meatballs & vegetables (1,6,7,12)					Chicken & tomato sauce					Assorted "cocido" meat & poultry					Breaded hake fillet (1,4)					Grilled veal hamburger with bacon, tomato slice, lettuce, caramelized onion & cheese (1,3,6,7,12)																			
Vegetarian "meatballs" & veggie sauce					Falafel & yoghurt sauce (1,6,7)					Assorted vegetables "cocido" (1,6,10)					Seitan "fajitas" & grilled vegetables (1,6)					Veggie hamburger (1,6,12)																			
Roast potatoes (12)					Steamed rice					Grilled seasonal vegetables					Diced zucchini					Deluxe potatoe																			
Roasted tomato					Sautéed mushrooms					Asparagus with mayonnaise (3,6)					Diced potatoes (12)					"Guacamole"																			
Four seasons salad with honey-mustard vinaigrette (10)					Apple salad in cocktail sauce (3,6)					"Pipirrana" salad					Capresse salad (3,7)					House salad (3,4)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Cheesecake Fruta fresca de temporada																			
kcal	759,0	Lip	27,2	Prot	17,7	HdC	111	kcal	637,6	Lip	15,3	Prot	31,3	HdC	94	kcal	785,2	Lip	27,9	Prot	31,6	HdC	102	kcal	599,8	Lip	25,3	Prot	40,6	HdC	52	kcal	621,7	Lip	32,1	Prot	24,9	HdC	58
15					16					17					18					19 - ITALIAN FRIDAY																			
Homemade poultry soup (1,3,6,10)					Organic lentils soup with vegetables (12)					Farfalle pasta with tomato sauce and "chorizo" (1,3,6,10)					Pumpkin creamy soup with croutons (1,12)					Capresse Salad (3,7)																			
Pork loin and vegetables in tomato sauce					Grilled salmon (4)					Vegetables croquettes (6,9,12)					Roasted chicken					Bolognese Lasagna (1,3,6,7,10)																			
Stuffed aubergine with veggie bolognese and vegetables (6)					Marinated pork loin "Pakanas"					Assorted croquettes (1,2,3,4,6,7,12,14)					Three clouded tofu vegetable and soya wok (6)					Bolognese Lasagna made with vegetable protaine; pea & soya (1,3,6,10)																			
Stir fry vegetables					Sautéed Carrot and mushrooms					Diced roast potatoes (12)					Deluxe potatoes					Garlic bread (1,7)																			
Diced potatoes (12)					Steamed rice					Roasted tomato & oregano					Vegetables in "tempura" (1)					Baby carrots																			
Chef salad (12)					Mediterranean salad (3,4)					Salad: Hard-boiled egg, cheese, olives and parsley (3,7)					Tabauleh salad (1,6,10)					Apple salad, honey & mustard dressing (10)																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Tiramisú Seasonal fruit																			
kcal	707,5	Lip	39,8	Prot	25,1	HdC	62	kcal	852,8	Lip	26,1	Prot	39,6	HdC	115	kcal	753,8	Lip	26,7	Prot	19,4	HdC	109	kcal	663,4	Lip	26,4	Prot	31,2	HdC	75	kcal	760,6	Lip	20,6	Prot	39,1	HdC	105
22					23					24					25					26 - CHINESE FRIDAY																			
Rice with tomato sauce					Potato & meat casserole (12)					"Cocido" soup (1,3,6,10)					Sautéed macaronni & bacon (1,3,6,10)					Spring rolls (1,6) (2,3,4,6,7,8,10,14)																			
Pork skewers					Breaded hake fillet & lemon (1,3,4,6)					Assorted "cocido" meat & poultry					"Chilindrón" style chicken fillet					Chicken curry (1,3,7)																			
Stuffed courgette (with rice, mushrooms and peas or soya protein) (6)					Spinach and cheese "quiche" (1,3,5,6,7,8,10,11)					Assorted vegetables "cocido" (1,6,10)					Breaded cuttlefish (baked) (1,2,3,4,6,7,12,14)					Seitan curry (1,6)																			
Diced potatoes (12)					"Pilaf" style rice (with vegetables)					Potato & vegetables with mayonnaise (3,6)					Fries (12)					Steamed rice																			
Broccoli & garlic					"Moje Murciano salad" (tomato, onion, hard boiled egg, tuna and olives) (3,4,12)					Grilled vegetables					Grilled herby zucchini					Stir fried vegetables																			
Salad with hard-boiled egg (3)					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					"Pico de Gallo" salad					Green salad with olives					"Oriental" salad														
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Lemon sponge cake 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					1					2																			
Organic lentils soup & vegetables (12)					Pasta alla Amatriciana (bacon, cheese, tomato, salt & pepper) (1,3,6,7,10)					Herby chicken					Seitan & roasted vegetables "tacos" (1,6)					Spanish potato omelette (3)																			
Homemade tuna & pisto pastry (1,3,4,5,6,7,8,10,11)					Homemade pisto pastry (1,3,5,6,7,8,10,11)					Fried green peppers					Cus-cus (1,6,10)					Homemade tuna & pisto pastry (1,3,4,5,6,7,8,10,11)																			
Homemade pisto pastry (1,3,5,6,7,8,10,11)					Sautéed mushrooms					Grilled seasonal vegetables					Seitan & roasted vegetables "tacos" (1,6)					Fried green peppers																			
House salad					Greek salad (3,7)					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Sautéed mushrooms																			
Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					Dairy dessert (7) Seasonal fruit					House salad																			
kcal	788,9	Lip	47,4	Prot	37,5	HdC	53	kcal	787,7	Lip	21,0	Prot	43,0	HdC	107																								

- 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 - No pork meat - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
School holidays				
8	9	10	11	12 - USA FRIDAY
Sautéed vegetables Vegetarian "meatballs" & veggie sauce	Sautéed macaroni with aglio e olio (1,3,6,10) Chicken & tomato sauce	Noodle & vegetable soup (1,3,6,10) Assorted vegetables "cocido" (1,6,10)	Rice with homemade tomato sauce Breaded hake fillet (1,4)	Caesar salad (1,3,4,6,7,10) Veggie burger (1,6,12)
Roast potatoes (12) Roasted tomato Four seasons salad with honey-mustard vinaigrette (10)	Steamed rice Sautéed mushrooms Apple salad in cocktail sauce (3,6)	Grilled seasonal vegetables Asparagus with mayonnaise (3,6) "Pipirrana" salad	Diced zucchini Diced potatoes (12) Caprese salad (3,7)	Deluxe potatoe "Guacamole" House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Cheesecake Fruta fresca de temporada
15	16	17	18	19 - ITALIAN FRIDAY
Homemade poultry soup (1,3,6,10) Stuffed aubergine with veggie bolognese and vegetables (6)	Organic lentils soup with vegetables (12) Grilled salmon (4)	Farfalle pasta with tomato sauce and "mushrooms" (1,3,6,10) Vegetables croquettes (6,9,12)	Pumpkin creamy soup with croutons (1,12) Roasted chicken	Caprese Salad (3,7) Bolognese Lasagna made with vegetable proteins; pea & soya (1,3,6,10)
Stir fry vegetables Diced potatoes (12) Chef salad (12)	Sautéed Carrot and mushrooms Steamed rice Mediterranean salad (3,4)	Diced roast potatoes (12) Roasted tomato & oregano Salad: Hard-boiled egg, cheese, olives and parsley (3,7)	Deluxe potatoes Vegetables in "tempura" (1) Tabouleh salad (1,6,10)	Garlic bread (1,7) Baby carrots Apple salad, honey & mustard dressing (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Tiramisu Seasonal fruit
22	23	24	25	26 - CHINESE FRIDAY
Rice with tomato sauce Stuffed courgette (with rice, mushrooms and peas or soya protein) (6)	Potato & spinach casserole (12) Breaded hake fillet & lemon (1,3,4,6)	Noodle & vegetable soup (1,3,6,10) Assorted vegetables "cocido" (1,6,10)	Sautéed macaroni & vegetables (1,3,6,10) "Chilindrón" style chicken fillet	Spring rolls (1,6) (2,3,4,6,7,8,10,14) Chicken curry (1,3,7)
Diced potatoes (12) Broccoli & garlic Salad with hard-boiled egg (3)	"Pilaf" style rice (with vegetables) "Moje Murciano salad" (tomato, onion, hard boiled egg, tuna and olives) (3,4,12)	Potato & vegetables with mayonnaise (3,6) Grilled vegetables "Pico de Gallo" salad	Fries (12) Grilled herby zucchini Green salad with olives	Steamed rice Stir fried vegetables "Oriental" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Lemon sponge cake Seasonal fruit
29	30			
Organic lentils soup & vegetables (12)	Pasta alla Siciliana (eggplant, green pepper, onion, garlic, tomato, black olives and basil) (1,3,6,10)			
Spanish potato omelette (3) Fried green peppers Sautéed mushrooms House salad	Herby chicken Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (3,7)			
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

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT



Secondary menu - Gluten free - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
School holidays	School holidays	School holidays	School holidays	School holidays
8	9	10	11	12 - USA FRIDAY
Sautéed vegetables	<u>Carbonara macaronni (gluten free) (6,7)</u>	<u>"Cocido" soup (gluten free noodles)</u>	Rice with homemade tomato sauce	<u>Caesar salad (3,4,6,7,10) gluten free bread</u>
<u>Homemade Veal meatballs & vegetables (gluten free)</u>	Chicken & tomato sauce	Assorted "cocido" meat & poultry	<u>Breaded hake fillet (4)(gluten free)</u>	<u>Homemade veal burger (non allergen) complete grilled with bacon, tomato, lettuce, onion and cheese (3,6,7,12)</u>
Roast potatoes (12) Roasted tomato Four seasons salad with honey-mustard vinaigrette (10)	Steamed rice Sautéed mushrooms Apple salad in cocktail sauce (3,6)	Grilled seasonal vegetables Asparagus with mayonnaise (3,6) "Pipirrana" salad	Diced zucchini Diced potatoes (12) Capresse salad (3,7)	Deluxe potatoe "Guacamole" House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Cheesecake Fruta fresca de temporada
15	16	17	18	19 - ITALIAN FRIDAY
<u>Homemade poultry soup (gluten free noodles)</u>	Organic lentils soup with vegetables (12)	<u>Pasta (gluten free) with tomato sauce and "chorizo" (6)</u>	Pumpkin creamy soup with croutons (1,12)	<u>Capresse Salad (3,7)</u>
Pork loin and vegetables in tomato sauce	Grilled salmon (4)	Homemade croquettes (non allergen) made with vegetable broth	Roasted chicken	<u>Homemade Bolognese Lasagna (allergen-free pasta; minced beef: 7), gluten-free béchamel</u>
Stir fry vegetables Diced potatoes (12) Chef salad (12)	Sautéed Carrot and mushrooms Steamed rice Mediterranean salad (3,4)	Diced roast potatoes (12) Roasted tomato & oregano Salad: Hard-boiled egg, cheese, olives and parsley (3,7)	Deluxe potatoes Vegetables in "tempura" (1) Tabouleh salad (1,6,10)	Garlic gluten free bread (7) Baby carrots Apple salad, honey & mustard dressing (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	o	Tiramisú Seasonal fruit
22	23	24	25	26 - CHINESE FRIDAY
Rice with tomato sauce	Potato & meat casserole (12)	<u>"Cocido" soup (gluten free noodles)</u>	<u>Sautéed macaronni (gluten free) & bacon (6)</u>	<u>Sautéed rice & vegetables</u>
Pork skewers	Breaded hake fillet & lemon (4)(gluten free)	Assorted "cocido" meat & poultry	"Chilindrón" style chicken fillet	<u>Roasted Chicken curry</u>
Diced potatoes (12) Broccoli & garlic Salad with hard-boiled egg (3)	"Pilaf" style rice (with vegetables) "Moje Murciano salad" (tomato, onion, hard boiled egg, tuna and olives) (3,4,12)	Potato & vegetables with mayonnaise (3,6) Grilled vegetables "Pico de Gallo" salad	Fries (12) Grilled herby zucchini Green salad with olives	Steamed rice Stir fried vegetables "Oriental" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Lemon sponge cake Seasonal fruit
29	30			
Organic lentils soup & vegetables (12)	<u>Pasta (gluten free) alla Amatriciana (bacon, cheese, tomato, salt & pepper) (6,7)</u>			
Spanish potato omelette (3)	Herby chicken			
Fried green peppers Sautéed mushrooms House salad	Cus-cus (gluten free) Grilled seasonal vegetables Greek salad (3,7)			
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	Seame	Sulphur dioxide	Lupin	Molluscs

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

Secondary menu - vegetarian - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
School holidays				
8	9	10	11	12 - USA FRIDAY
Sautéed vegetables Vegetarian "meatballs" & veggie sauce	<u>Sautéed macaroni with aglio e olio</u> (1,3,6,10) Falafel & yoghurt sauce (1,6,7)	<u>Noodle & vegetable soup</u> (1,3,6,10) Assorted vegetables "cocido" (1,6,10)	Rice with homemade tomato sauce Seitan "fajitas" & grilled vegetables (1,6)	<u>Vegetable Salad with Croutons</u> (1) Veggie burger (1,6,12)
Roast potatoes (12) Roasted tomato Four seasons salad with honey-mustard vinaigrette (10)	Steamed rice Sautéed mushrooms Apple salad in cocktail sauce (3,6)	Grilled seasonal vegetables <u>Asparagus without mayonnaise</u> "Pipirrana" salad	Diced zucchini Diced potatoes (12) Caprese salad (3,7)	Deluxe potatoe "Guacamole" House salad (no animal protein)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Cheesecake Fruta fresca de temporada
15	16	17	18	19 - ITALIAN FRIDAY
<u>Homemade vegetable soup with noodle</u> (1,3,6,10) Stuffed aubergine with veggie bolognese and vegetables (6)	Organic lentils soup with vegetables (12) "Pakoras"	<u>Farfalle pasta with tomato sauce and "mushrooms"</u> (1,3,6,10) Vegetables croquettes (6,9,12)	Pumpkin creamy soup with croutons (1,12) Three cloured tofu vegetable and soya wok (6)	Caprese Salad (3,7) Bolognese Lasagna made with vegetable proteine; pea & soya (1,3,6,10)
Stir fry vegetables Diced potatoes (12) Chef salad (12)	Sautéed Carrot and mushrooms Steamed rice Mediterranean salad (3,4)	Diced roast potatoes (12) Roasted tomato & oregano Salad: Hard-boiled egg, cheese, olives and parsley (3,7)	Deluxe potatoes Vegetables in "tempura" (1) Tabouleh salad (1,6,10)	Garlic bread (1,7) Baby carrots Apple salad, honey & mustard dressing (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Tiramisú Seasonal fruit
22	23	24	25	26 - CHINESE FRIDAY
Rice with tomato sauce Stuffed courgette (with rice, mushrooms and peas or soya protein) (6)	<u>Potato & spinach casserole</u> (12) Spinach and cheese "quiche" (1,3,5,6,7,8,10,11)	<u>Noodle & vegetable soup</u> (1,3,6,10) Assorted vegetables "cocido" (1,6,10)	<u>Sautéed macaroni & vegetables</u> (1,3,6,10) Homemade white bean veggie burger & caramelized onion (1,6)	Spring rolls (1,6) (2,3,4,6,7,8,10,14) Seitan curry (1,6)
Diced potatoes (12) Broccoli & garlic Salad with hard-boiled egg (3)	"Pilaf" style rice (with vegetables) "Moje Murciano salad" (tomato, onion, hard boiled egg and olives) (3,12)	Potato & vegetables with mayonnaise (3,6) Grilled vegetables "Pico de Gallo" salad	Fries (12) Grilled herby zucchini Green salad with olives	Steamed rice Stir fried vegetables "Oriental" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Lemon sponge cake Seasonal fruit
29	30			
Organic lentils soup & vegetables (12)	<u>Pasta alla Siciliana</u> (eggplant, green pepper, onion, garlic, tomato, black olives and basil) (1,3,6,10) Seitan & roasted vegetables "tacos" (1,6)			
Spanish potato omelette (3) Fried green peppers Sautéed mushrooms House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (3,7)			
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	Seame	Sulphur dioxide	Lupin	Molluscs

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT

Secondary menu - Low in calories - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
School holidays				
8	9	10	11	12 - USA FRIDAY
Sautéed vegetables	Sautéed mushrooms	"Cocido" soup (1,3,6,10)	Diced zucchini	House salad (3,4)
Plain omelette (3)	Grilled chicken fillet	Plain omelette (3)	Grilled hake fillet (4)	Grilled veal hamburger
Roast potatoes (12) Roasted tomato Four seasons salad with honey-mustard vinaigrette (10)	Steamed rice Apple salad (without cocktail sauce)	Grilled seasonal vegetables Asparagus with mayonnaise (3,6) "Pipirrana" salad	Rice salad Diced potatoes (12) Capresse salad (3,7)	Deluxe potatoe "Guacamole" House salad (3,4)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Cheesecake Fruta fresca de temporada
15	16	17	18	19 - ITALIAN FRIDAY
Homemade poultry soup (1,3,6,10)	Organic lentils soup with vegetables (12)	Salad: Hard-boiled egg, cheese, olives and parsley (3,7)	Pumpkin creamy soup (12)	Capresse Salad (3,7)
Grilled pork loin	Grilled salmon (4)	Plain omelette (3)	Roasted chicken	Homemade Grilled beef Steak
Stir fry vegetables Diced potatoes (12) Chef salad (12)	Sautéed Carrot and mushrooms Steamed rice Mediterranean salad (3,4)	Diced roast potatoes (12) Roasted tomato & oregano	Deluxe potatoes Vegetables in "tempura" (1) Tabouleh salad (1,6,10)	Baby carrots Apple salad, honey & mustard dressing (10)
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Tiramisú Seasonal fruit
22	23	24	25	26 - CHINESE FRIDAY
Broccoli & garlic	Potato & spinach casserole (12)	"Cocido" soup (1,3,6,10)	Grilled herby zucchini	Stir fried vegetables
Plain omelette (3)	Hake fillet in lemon sauce (4)	Plain omelette with vegetables (3)	Grilled chicken fillet	Roasted Chicken curry
Diced potatoes (12) Broccoli & garlic Salad with hard-boiled egg (3)	"Pilaf" style rice (with vegetables) "Moje Murciano salad" (tomato, onion, hard boiled egg, tuna and olives) (3,4,12)	Grilled vegetables "Pico de Gallo" salad	Fries (12) Pasta salad (11,3,6,10) Green salad with olives	Steamed rice "Oriental" salad
Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Dairy dessert (7) Seasonal fruit	Lemon sponge cake Seasonal fruit
29	30			
Organic lentils soup & vegetables (12)	Pasta alla Amatriciana (bacon, cheese, tomato, salt & pepper) (1,3,6,7,10)			
Spanish potato omelette (3) Homemade tuna & pisto pastry (1,3,4,5,6,7,8,10,11) Homemade pisto pastry (1,3,5,6,7,8,10,11)	Herby chicken Seitan & roasted vegetables "tacos" (1,6)			
Fried green peppers Sautéed mushrooms House salad	Cus-cus (1,6,10) Grilled seasonal vegetables Greek salad (3,7)			
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

VEGETABLES
PASTA, RICE, EGGS
FISH
MEAT
DESSERT