



**Dishes containing:** K AND DAIRY PRODUCTS

GLUTEN  
EGGS  
CELERY

COW PROTEINS  
MEAT

VEGETABLES  
FISH  
NUTS

September 2017



Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
<p>QUINOA TABBOULEH</p> <p>VEGETABLES COUS COUS</p> <p>11</p> <p>1 12 13</p> <p>main dish</p>	<p>PUMPKIN SOUP (POTATO AND ONION)</p> <p>BOILED POTATO, CARROT AND BROCCOLI</p> <p>main dish</p>	<p>SPAGUETTI WITH PESTO SAUCE</p> <p>SPAGHETTI BOLOGNESE (HOMEMADE TOMATO SAUCE AND MINCE MEAT)</p> <p>14 15 16 17</p> <p>main dish</p>	<p>CAULIFLOWER CHEESE</p> <p>MIXED VEGETABLES (POTATOES, CARROTS, PEAS AND COURGETTES WITH MAYONNAISE)</p> <p>main dish</p>	<p>RICE WITH VEGETABLES</p> <p>VEGETABLE NOODLES</p> <p>18</p> <p>main dish</p>
<p>TURKEY CURRY STEW</p> <p>MEAT CROQUETTES</p> <p>29 30 31 32 33</p> <p>19 20 21</p> <p>side dish</p>	<p>PORK CHOPS WITH HONEY SAUCE</p> <p>MEATBALLS IN SAUCE</p> <p>22 23 24 34 35 36</p> <p>side dish</p>	<p>GRILLED CHICKEN BREAST</p> <p>SEA BASS IN SAUCE WITH EGG</p> <p>37 38</p> <p>25</p> <p>side dish</p>	<p>BARBACUE GRILLED CHICKEN</p> <p>BEEF STEW</p> <p>39 40 41 42</p> <p>26</p> <p>side dish</p>	<p>PORK RIBS WITH BARBACUE SAUCE</p> <p>GRILLED STEAK</p> <p>43 44</p> <p>27 28</p> <p>side dish</p>
<p>"GAZPACHO" (COLD TOMATO SOUP)</p> <p>dessert</p>	<p>COUS COUS</p> <p>dessert</p>	<p>GRILLED COURGETTES</p> <p>dessert</p>	<p>CREAM OF LEAK AND POTATO SOUP</p> <p>dessert</p>	<p>CHIPS</p> <p>dessert</p>
<p>FRESH FRUIT</p>	<p>HOMEMADE CHOCOLATE MOUSSE</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>ICE CREAM</p>
<b>Desayunos</b>				

**Special Dietary Needs**

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|--------------------------------------|---------------------------|----------------------------|------------------------|--------------------|
| 1. Without nuts and apricot          | 11. Gluten-free cous-cous | 21. Without curry          | 31. Fish croquettes    | 41. Grilled fish   |
| 2. Gluten-free pasta                 | 12. Without raisins       | 22. Grilled chops pork     | 32. Grilled chicken    | 42. Grilled beef   |
| 3. Egg-free pasta and without cheese | 13. Without celery        | 23. Grilled dogfish        | 33. Grilled chicken    | 43. Plain omelette |
| 4. Napolitana sauce                  | 14. Gluten-free pasta     | 24. Grilled chops pork     | 34. Fishballs          | 44. Plain omelette |
| 5. Napolitana sauce                  | 15. Egg-free pasta        | 25. Grilled hake           | 35. Homemade fishballs |                    |
| 6. Napolitana sauce                  | 16. Napolitana sauce      | 26. Grilled hake           | 36. Grilled beef       |                    |
| 7. Gluten-free flour                 | 17. Napolitana sauce      | 27. Gluten-free flour      | 37. Without egg        |                    |
| 8. Without cheese                    | 18. Without soy sauce     | 28. Grilled fish           | 38. Baked chicken      |                    |
| 9. Without bechamel                  | 19. Grilled fish          | 29. Gluten free croquettes | 39. Gluten-free flour  |                    |
| 10. Without bechamel                 | 20. Without curry         | 30. Grilled chicken        | 40. Grilled fish       |                    |



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Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
starter	starter	starter	starter	starter
	SPIRALS NAPOLITANA (homemade tomato sauce) 1 2 3 4 PASTA SALAD 7 8	RICE WITH HOMEMADE TOMATO SAUCE CASSEROLE WITH SAUSAGE AND PEAS 9 10	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) 5 11 12	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 6 LENTIL SALAD 13 14
main dish	main dish	main dish	main dish	main dish
	PORK STEW 15 GRILLED PORK LOIN 24	BAKED COD (WITH ONION AND TOMATO) 16 TUNA PASTY 25 26 27	HOMEMADE BREADED CHICKEN BITES WITH FRIED CORN 17 18 19 20 21 BAKED CHICKEN (ONION AND TOMATO) 28	BEEF BURGER 22 23 BEEF STEW 29 30 31 32
side dish	side dish	side dish	side dish	side dish
	DICED POTATOES	GRILLED COURGETTES	SEASONED TOMATO	COUS COUS
dessert	dessert	dessert	dessert	dessert
	FRESH FRUIT	YOGHURT	FRESH FRUIT	ICE CREAM

Desayunos

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Special Dietary Needs

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|---|-----------------------------------|------------------------------|------------------|
| 1. Gluten free pasta                        | 11. Green beans with potatoes     | 21. Without mayonnaise       | 31. Grilled fish |
| 2. Egg free pasta                           | 12. Green beans with potatoes     | 22. Fish burger              | 32. Grilled beef |
| 3. Without cheese                           | 13. Tunaless                      | 23. Fish burger              |                  |
| 4. Without cheese                           | 14. Mixed salad                   | 24. Grilled dogfish          |                  |
| 5. Without celery                           | 15. Grilled dogfish               | 25. Gluten-free breaded hake |                  |
| 6. Boiled mixed vegetables                  | 16. Grilled chicken               | 26. Egg-free breaded hake    |                  |
| 7. Gluten-free pasta                        | 17. Gluten-free breading          | 27. Ham croquettes           |                  |
| 8. Egg-free pasta                           | 18. Egg-free breading and without | 28. Baked hake               |                  |
| 9. Rice casserole with vegetable mayonnaise | 19. Fried hake sticks             | 29. Gluten-free flour        |                  |
| 10. Without peas                            | 20. Breaded without fried corn    | 30. Grilled fish             |                  |



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Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<p>starter</p> <p>BOILED POTATO, CARROT AND BROCCOLI</p> <p>MUSHROOM RISOTTO</p> <p>main dish</p>	<p>starter</p> <p>SPIRALS "CARBONARA" (CREAM AND BACON)</p> <p>SPIRALS NAPOLITANA (homemade tomato sauce)</p> <p>main dish</p>	<p>starter</p> <p>CARROT SOUP (POTATOES AND ONION)</p> <p>"GAZPACHO" (COLD TOMATO SOUP)</p> <p>main dish</p>	<p>starter</p> <p>RICE WITH HOMEMADE TOMATO SAUCE</p> <p>VEGETABLE PAELLA (RED AND GREEN, PEPPERS, ARTICHOKES, LEEK AND GREEN BEANS)</p> <p>main dish</p>	<p>starter</p> <p>SAUTEED PEAS AND HAM</p> <p>NACHOS AVOCADO PEAR AND CHEDDAR SAUCE</p> <p>main dish</p>
<p>side dish</p> <p>MEATBALLS IN SAUCE</p> <p>"CHIMICHURRI" GRILLED PORK LOIN</p> <p>side dish</p>	<p>side dish</p> <p>CHEESE OMELETTE</p> <p>GRATIN EGGS WITH TOMATO SAUCE</p> <p>side dish</p>	<p>side dish</p> <p>GRILLED CHICKEN BREAST</p> <p>TURKEY CURRY STEW</p> <p>side dish</p>	<p>side dish</p> <p>MARINATED DOGFISH</p> <p>GRILLED SALMON IN GARLIC AND LEMON SAUCE</p> <p>side dish</p>	<p>side dish</p> <p>GRILLED STEAK</p> <p>CHICKEN IN MOLE SAUCE</p> <p>side dish</p>
<p>dessert</p> <p>MUSHROOM SAUTEED</p>	<p>dessert</p> <p>SAUTEED PEAS</p>	<p>dessert</p> <p>BAKED POTATOES</p>	<p>dessert</p> <p>FRIED AUBERGINES WITH HONEY SAUCE</p>	<p>dessert</p> <p>SEASONED TOMATO</p>
<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>FRESH FRUIT</p>	<p>YOGHURT</p>	<p>FRESH FRUIT</p>
<b>Desayunos</b>				

**Special Dietary Needs**

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|------------------------|------------------------------------|-------------------------|----------------------|---|
| 1. Gluten free pasta   | 11. Mushroom rice                  | 21. Guacamole on toast  | 31. Grilled beef     | 41. Without curry                       |
| 2. Egg free pasta      | 12. Without celery                 | 22. Guacamole on toast  | 32. Plain omelette   | 42. Grilled chicken                     |
| 3. Meatless            | 13. Gluten free pasta              | 23. Fishballs           | 33. Plain omelette   | 43. Gluten-free bread and without broth |
| 4. Napolitana sauce    | 14. Egg free pasta                 | 24. Homemade fishballs  | 34. Grilled hake     | 44. Without broth                       |
| 5. Napolitana sauce    | 15. Without cheese                 | 25. Grilled beef        | 35. Eggs with tomato | 45. Without broth                       |
| 6. Napolitana sauce    | 16. Without cheese                 | 26. Vegetarian omelette | 36. Grilled pork     | 46. Fish stew                           |
| 7. Without ham         | 17. Without bread                  | 27. Plain omelette      | 37. Eggs with tomato | 47. Without broth and chocolate         |
| 8. Sauteed green beans | 18. Without peas                   | 28. Plain omelette      | 38. Eggs with tomato | 48. Without broth and chocolate         |
| 9. Mushroom rice       | 19. Without celery                 | 29. Grilled hake        | 39. Grilled fish     | 49. Without almonds and nuts            |
| 10. Mushroom rice      | 20. Guacamole on gluten-free toast | 30. Grilled dogfish     | 40. Without curry    | 50. Without broth                       |



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Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
<p>starter</p> <p>COURGETTE SOUP ( POTATO AND ONION) WITH HARD-BOILED EGG</p> <p>1</p> <p>CAULIFLOWER CHEESE</p> <p>10 11 12 13</p> <p>main dish</p>	<p>starter</p> <p>BOWDS PASTA NAPOLITANA (homemade tomato sauce)</p> <p>2 3 4 5</p> <p>CHEESE SAUCE SPAGHETTI</p> <p>14 15 16 17</p> <p>main dish</p>	<p>starter</p> <p>BOILED POTATOES WITH GREEN BEANS</p> <p>MIXED VEGETABLES (POTATOES, CARROTS, GREEN PEAS AND COURGETTES) WITH MAYONNAISE</p> <p>18 19</p> <p>main dish</p>	<p>starter</p> <p>RICE WITH HOMEMADE TOMATO SAUCE</p> <p>RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE)</p> <p>main dish</p>	<p>starter</p> <p>SAUTEED CHICKPEA WITH BACON</p> <p>6 7 8 9</p> <p>VEGETABLES COUS COUS WITH YOGURTH SAUCE</p> <p>20 21 22 23 24</p> <p>main dish</p>
<p>BREADED LOIN (FLOUR,EGG AND BREADCRUMBS)</p> <p>25 26 27</p> <p>PORK CHOPS WITH HONEY SAUCE</p> <p>35 36 37</p> <p>side dish</p>	<p>GRILLED CHICKEN BREAST</p> <p>28</p> <p>DICE TURKEY STEW WITH VEGETABLES (POTATO, GREEN BEANS, PEA AND CARROTS)</p> <p>38 39</p> <p>side dish</p>	<p>GRILLED PORK SAUSAGES</p> <p>29</p> <p>STEWED CHAPS WITH PLUMS</p> <p>40</p> <p>side dish</p>	<p>BEEF BURGER</p> <p>30 31</p> <p>STEW LAMB WITH LEMON AND HONEY</p> <p>41 42 43</p> <p>side dish</p>	<p>TUNA PASTY</p> <p>32 33 34</p> <p>BASQUE STYLE FILLET HAKE WITH PEAS AND A HARD BOILED EGG</p> <p>44 45 46</p> <p>side dish</p>
<p>DICED POTATOES</p> <p>dessert</p>	<p>SAUTEED PEAS</p> <p>dessert</p>	<p>MUSHROOM SAUTEED</p> <p>dessert</p>	<p>CARAMELIZED ONION</p> <p>dessert</p>	<p>MASHED POTATOES</p> <p>dessert</p>
<p>FRESH FRUIT</p> <p>dessert</p>	<p>ICE CREAM</p> <p>dessert</p>	<p>FRESH FRUIT</p> <p>dessert</p>	<p>YOGHURT</p> <p>dessert</p>	<p>FRESH FRUIT</p> <p>dessert</p>

Desayunos

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Special Dietary Needs

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|-----------------------------------|---------------------------------------|-------------------------|------------------------------|-----------------------|
| 1. Without egg                    | 11. Without cheese                    | 21. Without yoghurt     | 31. Fish burger              | 41. Gluten-free flour |
| 2. Gluten free pasta              | 12. Without bechamel                  | 22. Without yoghurt     | 32. Gluten-free breaded hake | 42. Fish stew         |
| 3. Egg free pasta                 | 13. Without bechamel                  | 23. Without raisins     | 33. Egg-free breaded hake    | 43. Without celery    |
| 4. Without cheese                 | 14. Gluten free spaghetti             | 24. Without celery      | 34. Ham croquettes           | 44. Grilled hake      |
| 5. Without cheese                 | 15. Egg free pasta                    | 25. Gluten free breaded | 35. Grilled chops pork       | 45. Grilled meat      |
| 6. Chickpeas with vegetables      | 16. Spaghetti napolitana              | 26. Egg free breaded    | 36. Grilled dogfish          | 46. No peas           |
| 7. Chickpeas with vegetables      | 17. Spaghetti napolitana              | 27. Breaded dogfish     | 37. Grilled chops pork       |                       |
| 8. Chickpeas with vegetables      | 18. Without mayonnaise                | 28. Grilled hake        | 38. Baked fish               |                       |
| 9. Boiled vegetable with potatoes | 19. Without mayonnaise                | 29. Fish burger         | 39. Without peas             |                       |
| 10. Gluten-free flour             | 20. Gluten free pasta with vegetables | 30. Fish burger         | 40. Fish stew                |                       |