



Dishes containing:

GLUTEN

EGGS

CELERY

DAIRY PRODUCTS

COW PROTEINS

SULPHITE

VEGETABLES

FISH

NUTS

March 2019

Vegetarian Menu



MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 1
				BOILED POTATO, CARROT AND BROCCOLI ZUCCHINI OMELETTE SAUTEED PEAS FRESH FRUIT
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
HOLIDAY	SPIRALS NAPOLITANA (homemade tomato sauce) 1 2 3 4 CHEESE FRIED BALLS 5 6 7 MUSHROOM SAUTEED FRESH FRUIT	VEGETABLE SOUP WITH PASTA 8 9 10 CHICKPEAS CURRY STEW 14 11 12 13 SEASONED TOMATO FRESH FRUIT	BOILED PEAS WITH OIL 15 CHEESE OMELETTE 16 17 18 CHIPS DAIRY DESSERT	PUMPKIN AND CARROT SOUP LENTIL STEW (fried onion, garlic, red pepper and tomato) WITH RICE 19 FRESH FRUIT
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
VEGETABLE SOUP WITH PASTA 20 21 22 VEGETABLE LASAGNA 23 24 25 SAUTEED BEANS WITH GARLIC AND FRESH FRUIT	TAGLIARINI NAPOLITANA (homemade tomato sauce) 26 27 28 29 HOMAMADE QUINOA CROQUETTES WITH VEGETABLES 30 31 32 33 34 SEASONED TOMATO FRESH FRUIT	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) BAKED BEANS WITH VEGETABLES (beans, carrot and red pepper) 35 POTATO CHIPS DAIRY DESSERT	RICE WITH HOMEMADE TOMATO SAUCE SPANISH OMELETTE WITH ONION 36 SAUTEED PEAS FRESH FRUIT	BAKED BEANS WITH VEGETABLES (BEANS, CARROTS AND RED PEPPER) 37 FRIED EGGS 38 COUS COUS FRESH FRUIT
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
MACARONI NAPOLITANA (homemade tomato sauce) 39 40 41 42 PLAIN OMELETTE 43 JULIENNE LETTUCE FRESH FRUIT	MIXED SALAD WITH CHEESE (lettuce, corn cheese, tomato, carrot, onions) 44 45 CHICKPEA STEW (sauteed onion, garlic, red pepper, tomato) ROASTED POTATOES DAIRY DESSERT	VEGETABLE PASTA 46 47 48 LENTILS STEW WITH RICE AND VEGETABLES 49 CAMELIZED ONION FRESH FRUIT	BOILED POTATOES WITH GREEN BEANS SCRAMBLED EGGS AND MUSHROM 50 RATATOUILLE FRESH FRUIT	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) VEGETAL SANDWICH 51 52 53 ORANGE SALAD (LETTUCE, ORANGES AND FRESH FRUIT
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
VEGETABLE SOUP WITH PASTA 54 55 56 SPRING ROLLS 57 58 59 60 SAUTEED PEAS FRESH FRUIT	RICE WITH HOMEMADE TOMATO SAUCE SPINACHS CROQUETTES 61 62 63 64 POTATO AND CARROT DAIRY DESSERT	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 65 MUSHROOM OMELETTE 66 BAKED TOMATO AND COURGETTE FRESH FRUIT	MIXED SALAD WITH CHEESE (lettuce, corn cheese, tomato, carrot, onions) 67 68 SPIRALS NAPOLITANA (homemade tomato sauce) 69 70 71 72 DICED POTATOES FRESH FRUIT	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) CHICKPEAS STEW WITH SPINACHS 73 SAUTEED BROWN RICE FRESH FRUIT

Dinners Recommendation

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MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29

Special Dietary Needs

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|---------------------------|---------------------------------------|---------------------------------------|------------------------------------|------------------------------------|
| 1. Gluten free pasta | 18. Plain omelette | 35. Boiled mixed vegetables | 52. drap with turkey | 69. Gluten free pasta |
| 2. Egg free pasta | 19. Vegetable rice | 36. Vegetarian omelette | 53. drap with turkey | 70. Egg free pasta |
| 3. Without cheese | 20. Gluten-free pasta | 37. Boiled mixed vegetables | 54. Gluten free pasta | 71. Without cheese |
| 4. Without cheese | 21. Egg-free pasta | 38. Grilled beef | 55. Egg free pasta | 72. Without cheese |
| 5. Gluten-free croquettes | 22. Without celery | 39. Gluten-free macarronis | 56. Without celery | 73. Boiled vegetables and potatoes |
| 6. Breaded chicken | 23. Gluten-free pasta with vegetables | 40. Egg-free pasta and without cheese | 57. Gluten-free croquettes | |
| 7. Breaded chicken | 24. With tomato sauce | 41. Without cheese | 58. Breaded pork loin | |
| 8. Gluten free pasta | 25. With tomato sauce | 42. Without cheese | 59. Breaded pork loin | |
| 9. Egg free pasta | 26. Gluten-free pasta | 43. Vegetarian omelette | 60. Breaded pork loin | |
| 10. Without celery | 27. Egg-free pasta and without cheese | 44. Salad with vegetables | 61. Gluten free chicken croquettes | |
| 11. Without curry | 28. Without cheese | 45. Salad with vegetables | 62. Egg free breaded fish | |
| 12. Potatoes stew | 29. Without cheese | 46. Gluten-free pasta | 63. Breaded fish | |
| 13. Without curry | 30. Gluten-free croquettes | 47. Egg-free pasta | 64. Breaded fish | |
| 14. Cooked without wine | 31. Breaded chicken | 48. Cooked without wine | 65. green bean with potatoes | |
| 15. Sauteed green beans | 32. Breaded chicken | 49. Boiled mixed vegetables | 66. Vgeetarian omelette | |
| 16. Vegetarian omelette | 33. Chicken croquettes | 50. Vegetarian omelette | 67. Salad with vegetables | |
| 17. Plain omellete | 34. Chicken croquettes | 51. gluten free bread | 68. Salad with vegetables | |