



25

**BANK HOLIDAY**



25

**MACARONI WITH TOMATO, BUTTER AND CHEESE**  
MACARRONES CON TOMATE, MANTEQUILLA Y QUESO

**HOME-STYLE CHICKEN CROQUETTES**  
CROQUETAS ARTESANAS DE POLLO

**LETTUCE AND OLIVE SALAD WITH SHREDDED CARROT**  
ENSALADA DE LECHUGA, ZANAHORIA RALLADA Y ACEITUNAS

**FRUIT / FRUTA DE TEMPORADA**

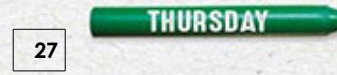


26

**SUMMER SALAD (POTATO, PEPPER, TUNA AND HARD-BOILED EGG)**  
ENSALADA DE VERANO (PATATA, PIMIENTO, ATÚN Y HUEVO DURO)

**HAKE WITH VEGETABLES**  
MERLUZA HORNO SOBRE LECHO DE VERDURAS

**FRUIT**  
FRUTA DE TEMPORADA

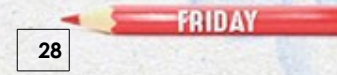


27

**GREEN BEANS WITH POTATOES AND CARROTS**  
JUDÍAS VERDES CON PATATAS Y ZANAHORIA

**COURGETTE AND POTATO OMELETTE**  
TORTILLA DE CALABACÍN Y PATATA

**FRUIT**  
FRUTA DE TEMPORADA



28

**VEGETABLES RICE**  
ARROZ CON VERDURAS DE LA HUERTA

**CHICKEN BREAST WITH MILK CREAM**  
PECHUGA DE POLLO CON CREMA DE LECHE

**TOMATO AND OLIVES**  
TOMATE Y OLIVAS

**YOGHURT**  
YOGUR

1

**LENTIL AND CARROT STEW**  
LENTEJAS GUIADAS CON ZANAHORIA

**TUNA OMELETTE**  
TORTILLA DE ATÚN

**LETTUCE AND CUCUMBER**  
LECHUGA Y PEPINO

**FRUIT**  
FRUTA DE TEMPORADA

2

**SPAGHETTI BOLOGNESE**  
ESPAGUETIS A LA BOLONESA (CON TOMATE Y CARNE PICADA)

**BAKED SAUSAGE**  
SALCHICHAS AL HORNO

**FRENCH FRIES**  
PATATAS FRITAS

**FRUIT / FRUTA DE TEMPORADA**

3

**MILANESA STYLE RICE WITH COOKED HAM AND CHEESE**  
ARROZ MILANESA CON YORK Y QUESO

**BATTERED HADDOCK FILLET**  
FILETE DE ABADÉJO REBOZADO

**RATATOUILLE**  
PISTO

**FRUIT / FRUTA DE TEMPORADA**

4

**CREAM OF COURGETTE WITH CROUTONS**  
CREMA DE CALABACÍN NATURAL CON PICATOSTES

**BEEF, PEAS AND MUSHROOMS STEW**  
ESTOFADO DE TERNERA CON GUIANTES Y CHAMPIÑONES

**YOGHURT**  
YOGUR

5

**TRICOLOR PASTA SALAD (HARD-BOILED EGG, TOMATO AND SWEET CORN)**  
ENSALADA DE PASTA TRICOLOR (HUEVO DURO, TOMATE Y MAÍZ)

**CHICKEN NUGGETS**  
NUGGETS DE POLLO

**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA

**FRUIT / FRUTA DE TEMPORADA**

8

**GREEN BEANS WITH COOKED POTATOES AND MAYONNAISE**  
JUDÍAS VERDES CON PATATAS VAPOR Y MAHONESA

**MEATBALLS WITH MUSHROOM**  
ALBÓNDIGAS CON SETAS VARIADAS

**YOGHURT**  
YOGUR

9

**MACARONI CARBONARA**  
MACARRONES A LA CARBONARA (SALSA DE NATA CON BACÓN)

**FRENCH OMELETTE**  
TORTILLA FRANCESA

**LETTUCE, SWEETCORN, CUCUMBER AND CARROT SALAD**  
ENSALADA DE LECHUGA, MAÍZ, PEPINO Y ZANAHORIA

**FRUIT / FRUTA DE TEMPORADA**

10

**CHINESE FRIED RICE**  
ARROZ TRES DELICIAS

**COD WITH GARLIC MUSLIN**  
BACALAO A LA MUSELINA DE AJO

**LETTUCE, TOMATO AND OLIVES**  
LECHUGA, TOMATE Y OLIVAS

**FRUIT**  
FRUTA DE TEMPORADA

11

**STEWED CHICKPEAS (ECOLOGICAL) WITH POTATO**  
GARBANZOS (ECOLOGICO) GUIADOS CON PATATA

**CHICKEN IN SAUCE**  
POLLO EN SALSA

**TOMATO**  
TOMATE ALIÑADO

**FRUIT / FRUTA DE TEMPORADA**

12

**CANNELONI WITH BECHAMEL AND CHEESE**  
CANELONES CON BECHAMEL Y QUESO

**BREADED HAM AND CHEESE**  
EMPANADO DE JAMÓN Y QUESO

**LETTUCE AND OLIVE SALAD WITH SHREDDED CARROT**  
ENSALADA DE LECHUGA, ZANAHORIA RALLADA Y ACEITUNAS

**FRUIT / FRUTA DE TEMPORADA**

15

**STEWED LENTILS WITH RICE AND CHORIZO**  
LENTEJAS ESTOFADAS CON ARROZ Y CHORIZO

**COURGETTE AND POTATO OMELETTE**  
TORTILLA DE CALABACÍN Y PATATA

**LETTUCE, BEETROOT, CUCUMBER AND TOMATO SALAD**  
ENSALADA DE LECHUGA, REMOLACHA, PEPINO Y TOMATE

**FRUIT / FRUTA DE TEMPORADA**

16

**MIXED VEGETABLES WITH POTATOE**  
MENESTRA DE VERDURAS CON PATATA

**VEAL HAMBURGER WITH HOMEMADE POTATOES BAKED**  
HAMBURGUESA DE TERNERA AL HORNO CON PATATAS PAJA CASERAS

**FRUIT**  
FRUTA DE TEMPORADA

17

**CASSEROLE RICE WITH DICED CHICKEN**  
ARROZ CAZUELA CON POLLO A DADOS

**SAUSAGE**  
BUTIFARRA

**GRATED CARROT, OLIVES AND SWEETCORN**  
ZANAHORIA RALLADA, ACEITUNAS VERDES Y MAÍZ

**FRUIT**  
FRUTA DE TEMPORADA

18

**PASTA SALAD WITH OLIVES, CHEESE AND COOKED HAM**  
ENSALADA DE PASTA CON ACEITUNAS, QUESO Y JAMÓN-YORK

**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA

**FRESH TOMATO SLICES**  
TOMATE NATURAL EN RODAJAS

**YOGHURT / YOGUR**

19

**SUMMER SALAD (POTATO, PEPPER, TUNA AND HARD-BOILED EGG)**  
ENSALADA DE VERANO (PATATA, PIMIENTO, ATÚN Y HUEVO DURO)

**GRILLED LEAN MEAT FILLET**  
FILETE DE MAGRA A LA PLANCHA

**CHIPS**  
PATATAS CHIPS

**ICE CREAM / HELADO**

22

**CREAM OF COURGETTE WITH CROUTONS**  
CREMA DE CALABACÍN NATURAL CON PICATOSTES

**ROAST CHICKEN STEAK**  
FILETE DE POLLO AL HORNO

**LETTUCE, TOMATO AND OLIVES**  
LECHUGA, TOMATE Y OLIVAS

**FRUIT / FRUTA DE TEMPORADA**

23

**WHITE BEANS**  
EMPEDRADO DE JUDIA BLANCA

**BREADED HAM AND CHEESE**  
EMPANADO DE JAMÓN Y QUESO

**LETTUCE, TOMATO AND OLIVES**  
LECHUGA, TOMATE Y OLIVAS

**FRUIT**  
FRUTA DE TEMPORADA

24

**VALENCIAN PAELLA**  
PAELLA VALENCIANA

**COURGETTE AND POTATO OMELETTE**  
TORTILLA DE CALABACÍN Y PATATA

**LETTUCE, SWEETCORN AND CARROTS**  
LECHUGA, MAÍZ Y ZANAHORIA

**FRUIT**  
FRUTA DE TEMPORADA

25

**GREEN BEANS WITH POTATOES AND CARROTS**  
JUDÍAS VERDES CON PATATAS Y ZANAHORIA

**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA

**FRUIT**  
FRUTA DE TEMPORADA

26

**TRICOLOR PASTA SALAD (HARD-BOILED EGG, TOMATO AND SWEET CORN)**  
ENSALADA DE PASTA TRICOLOR (HUEVO DURO, TOMATE Y MAÍZ)

**CHICKEN NUGGETS**  
NUGGETS DE POLLO

**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA

**YOGHURT / YOGUR**



NOTAS: Nuestros menús incluyen PAN y la bebida será AGUA. Our menus include bread and drink will be water.

# IT ALL FITS TOGETHER

Complete your daily diet with the right food

With a good **BREAKFAST MADE UP OF**

- Bread, cereals or cereal products
- Milk or dairy products
- Fresh fruit or salad greens

**ma**  
 "Eat once a day as a family helps prevent anorexia and bulimia"



NOTES:

In case of allergies or intolerances you need to maintain a healthy diet replacing products not tolerated by the allowed ones within the same family food.



Follow the

## MEDITERRANEAN DIET

(Source: IFMed - p = portion)

WITH EACH MAIN MEAL

- Water
- Olive oil
- Fruit 1-2 / Vegetables  $\geq 2$  p
- Bread/Pasta/Rice/Couscous and other cereals 1-2 p

DAILY

WEEKLY

- Dairy products 2-4 p
- Nuts/Seeds/Olives 1-2 p
- Pulses and legumes  $\geq 2$  p
- Herbs/Spices/Garlic/Onion
- Potatoes  $\leq 3$  p
- Red meat  $< 2$  p
- Processed meats  $\leq 1$  p
- White meat 2 p
- Fish/shellfish  $\geq 2$  p
- Eggs 2-4 p
- Sweets  $\leq 2$  p

Complete the food eaten at lunch with a **SUITABLE DINNER MENU**

- Vegetables raw and/or cooked
- Water
- Olive oil
- Fruit or dairy products
- Carbohydrates
- Protein: meat, fish, eggs or pulses

IF WE HAVE EATEN...	WE CAN HAVE FOR DINNER...
Cereals, starches and legumes	Raw or cooked vegetables
Vegetables	Cereals or starches
Meat	Fish or egg
Fish	Lean meat or egg
Egg	Fish or lean meat
Fruit	Dairy or fruit
Dairy	Fruit



Our company freezes all fish that is intended for rare or raw consumption, as established by law RD 1420/2006 in accordance with the provisions of RE 1169/2011, the kitchen has information of the allergen content of the prepared menus.