

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

24

**BANK HOLIDAY**

1

**LENTIL AND CARROT STEW**  
LENTEJAS GUIADAS CON ZANAHORIA  
**TUNA OMELETTE**  
TORTILLA DE ATÚN  
**LETTUCE AND CUCUMBER**  
LECHUGA Y PEPINO  
**FRUIT**  
FRUTA DE TEMPORADA

8

**GREEN BEANS WITH COOKED POTATOES AND MAYONNAISE**  
JUDIAS VERDES CON PATATAS VAPOR Y MAHONESA  
**MEATBALLS WITH MUSHROOM**  
ALBÓNDIGAS CON SETAS VARIADAS  
**SOYA YOGURT**  
YOGUR DE SOJA

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**

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**

25

**MACARONI WITH TOMATO SAUCE**  
MACARRONES CON TOMATE  
**FRIED CHICKEN WITH CORNMEAL**  
TIRAS DE POLLO FRITAS CON MAIZENA  
**LETTUCE AND OLIVE SALAD WITH SHREDDED CARROT**  
ENSALADA DE LECHUGA, ZANAHORIA RALLADA Y ACEITUNAS  
**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**

9

**MACARONI WITH TOMATO SAUCE**  
MACARRONES CON TOMATE  
**FRENCH OMELETTE**  
TORTILLA FRANCESA  
**LETTUCE, SWEETCORN, CUCUMBER AND CARROT SALAD**  
ENSALADA DE LECHUGA, MAÍZ, PEPINO Y ZANAHORIA  
**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

23

**WHITE BEANS**  
EMPEDRADO DE JUDIA BLANCA  
**FRIED PORK LOIN WITH CORNMEAL**  
TIRAS DE LOMO DE CERDO NATURAL FRITAS CON MAIZENA  
**LETTUCE, TOMATO AND OLIVES**  
LECHUGA, TOMATE Y OLIVAS  
**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

3

**RICE WITH VEGETABLES**  
ARROZ CON VERDURAS  
**BATTERED HADDOCK FILLET**  
FILETE DE ABADEJO REBOZADO  
**RATATOUILLE**  
PISTO  
**FRUIT**  
FRUTA DE TEMPORADA

10

**CHINESE FRIED RICE**  
ARROZ TRES DELICIAS  
**BAKED COD WITH TOMATO SAUCE**  
BACALAO AL HORNO CON TOMATE  
**LETTUCE, TOMATO AND OLIVES**  
LECHUGA, TOMATE Y OLIVAS  
**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

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

27

**GREEN BEANS WITH POTATOES AND CARROTS**  
JUDIAS VERDES CON PATATAS Y ZANAHORIA  
**COURGETTE AND POTATO OMELETTE**  
TORTILLA DE CALABACÍN Y PATATA  
**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 GUISANTES Y CHAMPIÑONES  
**SOYA YOGURT**  
YOGUR DE SOJA

11

**STEWED CHICKPEAS (ECOLOGICAL) WITH POTATO**  
GARBANZOS (ECOLOGICO) GUIADOS CON PATATA  
**CHICKEN IN SAUCE**  
POLLO EN SALSA  
**TOMATO**  
TOMATE ALIÑADO  
**FRUIT / FRUTA DE TEMPORADA**

18

**PASTA SALAD WITH SWEETCORN AND TOMATO**  
ENSALADA DE PASTA, MAÍZ Y TOMATE  
**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA  
**FRESH TOMATO SLICES**  
TOMATE NATURAL EN RODAJAS  
**SOYA YOGURT**  
YOGUR DE SOJA

25

**GREEN BEANS WITH POTATOES AND CARROTS**  
JUDIAS VERDES CON PATATAS Y ZANAHORIA  
**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA  
**FRUIT**  
FRUTA DE TEMPORADA

28

**VEGETABLES RICE**  
ARROZ CON VERDURAS DE LA HUERTA  
**GRILLED CHICKEN BREAST**  
PECHUGA DE POLLO A LA PLANCHA  
**TOMATO AND OLIVES**  
TOMATE Y OLIVAS  
**SOYA YOGURT**  
YOGUR DE SOJA

5

**TRICOLOR PASTA SALAD (HARD-BOILED EGG, TOMATO AND SWEET CORN)**  
ENSALADA DE PASTA TRICOLOR (HUEVO DURO, TOMATE Y MAÍZ)  
**FRIED CHICKEN WITH CORNMEAL**  
TIRAS DE POLLO FRITAS CON MAIZENA  
**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA  
**FRUIT / FRUTA DE TEMPORADA**

12

**MACARONI BOLOGNESE**  
MACARRONES A LA BOLONESA (CON TOMATE Y CARNE PICADA)  
**FRIED PORK LOIN WITH CORNMEAL**  
TIRAS DE LOMO DE CERDO NATURAL FRITAS CON MAIZENA  
**LETTUCE AND OLIVE SALAD WITH SHREDDED CARROT**  
ENSALADA DE LECHUGA, ZANAHORIA RALLADA Y ACEITUNAS  
**FRUIT / FRUTA DE TEMPORADA**

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  
**SOYA YOGURT / YOGUR DE SOJA**

26

**TRICOLOR PASTA SALAD (HARD-BOILED EGG, TOMATO AND SWEET CORN)**  
ENSALADA DE PASTA TRICOLOR (HUEVO DURO, TOMATE Y MAÍZ)  
**FRIED CHICKEN WITH CORNMEAL**  
TIRAS DE POLLO FRITAS CON MAIZENA  
**GRILLED HAKE FILLET**  
FILETE DE MERLUZA A LA PLANCHA  
**SOYA YOGURT / YOGUR DE SOJA**



NOTAS:



# IT ALL FITS TOGETHER

Complete your daily diet with the right food



- 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



- 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.