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General Menu May 2021

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
FUSILLI WITH GREEN PESTO SAUCE (garlic, courgettes, chese & basil) (1,3,7) SPINACHS CROQUETTES (1,7) MIXED SALAD WITH APPLE & RAISINS SEASONAL FRUIT Evening meal suggestion: <i>Legume pasta with ratatouille / Fruit</i>	PUMPKIN & BEANS CREAM SOUP WITH GINGER ROAST CHICKEN WITH VEGETALES ROAST POTATOES SEASONAL FRUIT Evening meal suggestion: <i>Pasta soup & floured sole fillet with salad / Fruit</i>	FISH "PAELLA" (2,4,12,14) SPANISH OMELETTE (3) CAESAR SALAD (lettuce, breaded chicken & cheese) (1,3,7) SEASONAL FRUIT Evening meal suggestion: <i>Sautéed couscous with vegetables, chickpeas & cumin / Fruit</i>	POTATO SALAD WITH GREEN BEANS, CHERRY TOMATO, TUNA & BLACK OLIVES (4) HOMEMADE TUNA BURGER (3,4) STEAMED BROCCOLI WITH GINGER SEASONAL FRUIT Evening meal suggestion: <i>Mixed salad & french omelette with bread / Fruit</i>	CRUDITÉS WITH HUMMUS (11) HOMEMADE VEAL MEATBALLS WITH VEGETABLES SAUCE & BASMATI RICE NATURAL YOGHOURT (7) or FRUIT Evening meal suggestion: <i>Variety of homemade "Quesadillas" / Fruit</i>
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
MACARONI WITH TOMATO SAUCE, BLACK OLIVES & OREGANO (1,3) FRENCH OMELETTE WITH CHEESE (3,7) MIXED SALAD WITH CORN & BLACK OLIVES SEASONAL FRUIT Evening meal suggestion: <i>Vegetables pudding with carrots sauce & rice / Fruit</i>	SEASONAL VEGETABLES CREAM SOUP & RED BEANS GRILLED VEAL BURGER POTATO WEDGES SEASONAL FRUIT Evening meal suggestion: <i>Mixed salad & spanish omelette / Fruit</i>	RICE WITH RATATOUILLE HAKE FINGERS (1,3,4) CAPRESE SALAD (7) NATURAL YOGHOURT (7) or FRUIT Evening meal suggestion: <i>Legume pasta with sauteed vegetables / Fruit</i>	LENTIL STEW or LENTIL STEW PURÉE (1) ROAST CHICKEN HOMEMADE MASHED POTATOES (7) SEASONAL FRUIT Evening meal suggestion: <i>Squid stew with vegetables & buckwheat / Fruit</i>	MIXED SALAD WITH AVOCADO CHINESE NOODLES WITH VEGETABLES & SOY SAUCE (1,6) BAKED SALMON WITH LIME & DILL (4) SEASONAL FRUIT Evening meal suggestion: <i>Mexican tortillas with vegetables & chicken / Fruit</i>
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
TOMATO CREAM SOUP PASTA GNOCCHI WITH CHEESE SAUCE (1,7) MIXED SALAD WITH OLIVES SEASONAL FRUIT Evening meal suggestion: <i>Vegetables & green peas curry with quinoa / Fruit</i>	FISH & SEAFOOD "FIDEUÁ" (1,2,3,4,12,14) WRAPS WITH HAM & CHEESE MIXED SALAD WITH CORN NATURAL YOGHOURT (7) or FRUIT Evening meal suggestion: <i>Baked codfish with vegetables & potatoes / Fruit</i>	CHICK PEA STEW or CHICK PEA STEW PURÉE ROAST CHICKEN WITH THYME "TUMBET" (Majorcan style vegetables) & CHIPS SEASONAL FRUIT Evening meal suggestion: <i>Mixed salad & vegetables frittata / Fruit</i>	COUSCOUS WITH VEGETABLE & TOMATO SAUCE (1) POTATOES & COURGETTES OMELETTE (3) MIXED SALAD WITH TUNA (4) SEASONAL FRUIT Evening meal suggestion: <i>Sautéed vegetables with amaranth & beans / Fruit</i>	PICO DE GALLO (onions, tomatoes, green peppers, lemon) SEASONAL VEGETABLES CREAM SOUP CHILI WITH VEAL MEAT & RICE (onions, tomatoes, red peppes, beans, minced meat) SEASONAL FRUIT Evening meal suggestion: <i>Poke bowl / Fruit</i>
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
SPAGHETTI WITH TOMATO SAUCE & CHEESE (1,3,7) POTATOES & ONIONS OMELETTE (3) MIXED SALAD WITH APPLE & CABBAGE SEASONAL FRUIT Evening meal suggestion: <i>Legume pasta with peppers / Fruit</i>	MIXED PAELLA (2,4,12,14) SAUTÉED GREEN BEANS WITH HAM CRUDITÉS WITH GUACAMOLE SEASONAL FRUIT Evening meal suggestion: <i>Steamed vegetables, potatoes & eggs / Fruit</i>	MIXED SALAD WITH CORN LENTIL STEW or LENTIL STEW PURÉE (1) CHICKEN FINGERS (1,3) STEAMED POTATOES SEASONAL FRUIT Evening meal suggestion: <i>Sautéed couscous with vegetables & goat cheese / Fruit</i>	PASTA SOUP (1,3) BAKED SALMON WITH LIME & DILL (4) STEAMED BROCCOLI & SAUTÉED RICE NATURAL YOGHOURT (7) or FRUIT Evening meal suggestion: <i>Mixed salad & turkey chops with mashed potatoes / Fruit</i>	Last Friday PUMPKIN & RED LENTIL CREAM SOUP WITH CURRY (1) HOMEMADE PIZZA WITH HAM & CHEESE (1,7) & MIXED SALAD WITH TUNA & OLIVES (4) SEASONAL FRUIT Evening meal suggestion: <i>Mexican tacos / Fruit</i>
MONDAY 31				
MIXED SALAD WITH CORN & OLIVES LEEK CREAM SOUP MACARONI WITH VEGETAL BOLOGNESE SAUCE (1,3,6) SEASONAL FRUIT Evening meal suggestion: <i>Sautéed vegetables & grilled eggs with bread / Fruit</i>				

Allergens

1: Gluten 2: Crustaceans 3: Egg 4: Fish 5: Peanuts 6: Soy 7: Milk 8: Nuts 9: Celery 10: Mustard 11: Sesame 12: Sulphites 13: Lupins 14: Mollusks