



General menú november 2021

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
PUBLIC HOLIDAY	MACARONI WITH PIAZZOLA SAUCE (1,3)	LENTIL STEW WITH VEGETABLES (1)	VEGETABLES PAELLA	CHICK PEASTE W WITH VEGETABLES
	HAKE FINGERS (1,3)	ROAST CHICKEN WITH THYME	GRILLED SALMON WITH LIME & DILL (4)	GRILLED BEEF BURGER WITH CHEESE (3,7)
	STEAMED BROCCOLI & CARROTS	MASHED POTATOES	CAPRESE SALAD (7)	ROAST POTATOES
	YOGHOURT (7) or FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	Evening meal suggestion: <i>Crudités & turkey stew</i>	Evening meal suggestion: <i>Mixed salad & spanish omelette</i>	Evening meal suggestion: <i>Falafel with sautéed rice</i>	Evening meal suggestion: <i>Mixed salad & pizza</i>
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
SAUTÉED VEGETABLES WITH RICE & SOIA SAUCE (1,6)	SPAGHETI WITH NAPOLITANA SAUCE (1,3)	VEGETABLES CREAM SOUP WITH CROUTONS	MIXED SALAD WITH CORN	GNOCCHI WITH 4 FORMAGGI SUACE (1,7)
SPRING ROLLS (1,6,9)	SPANISH OMELETTE (3)	GRILLED CHICKEN	HOMEMADE BEEF LASAGNE(1,7)	BREADED HADDOCK (1,3,4)
MIXED SALAD WITH OLIVES	PICO DE GALLO (MEXICAN SALAD)	SAUTÉED CUSCÚS WITH GREEN BEANS & CARROTS	SEASONAL FRUIT	CRUDITÉS (carrot, cucumber, pepper) WITH GUACAMOLE
SEASONAL FRUIT	SEASONAL FRUIT	YOGHOURT (7) or FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Evening meal suggestion: <i>Lnetil & vegetables stew</i>	Evening meal suggestion: <i>Mixed salad & breaded sole fillet</i>	Evening meal suggestion: <i>Pasta soup with vegetables & chicken</i>	Evening meal suggestion: <i>Mixed salad & scrambled eggs</i>	Evening meal suggestion: <i>Mixed salad & quesadillas</i>
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
PUMPKIN CREAM SOUP WITH GINGER	CÉSAR SALAD (1,4,7)	LENTIL STEW WITH VEGETABLES (1)	TAGLIATELLE WITH CARBONARA SAUCE (1,3,7)	CRUDITÉS WITH HUMMUS
FUSSILLI WITH GREEN PESTO SAUCE (garlic, courgettes, cheese & basil) (1,3,7)	HOMEMADE TUNABURGER (3,4)	TURKEY STEW WITH CURRY (onion, apple, coconut milk, curry) WITH POTATOES	GRILLED HAKE (4)	MEAT & VEGETABLES "PAELLA"
MIXED SALAD WITH APPLE	CUSCÚS WITH VEGETABLES & GARAM MASSALA (1)	SEASONAL FRUIT	MIXED SALAD WITH CORN	YOGHOURT (7) or FRUIT
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Evening meal suggestion: <i>Legume pasta with rataouille</i>	Evening meal suggestion: <i>Mixed salad & spanish omelette</i>	Evening meal suggestion: <i>Mixed salad & quiche</i>	Evening meal suggestion: <i>Vegetables cream soup & chicken</i>	Evening meal suggestion: <i>Mexican tortillas</i>
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
GREEK SALAD (7)	CHICK PEASTE W WITH VEGETABLES	3 DELIGHST RICE (6,7)	PASTA SOUP (1,3)	PUMPKIN & LEGUME CREAM SOUP
PASTA WITH VEGAN BOLOGNESASAUCE (1,3,6)	BREADED CHICKEN (1,3)	COURGETTE OMELETTE	BREADED HADDOCK (1,3,4)	HOMEMADE MARGHERITA & CHEESE & HAM PIZZA (1,7)
SEASONAL FRUIT	STEAMED POTATOES & GREEN BEANS	MIXED SALAD WITH TUNA	PATATA Y VERDURAS (judías verdes, zanahoria, guisantes)	MIXED SALAD WITH OLIVES
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	YOGHOURT (7) or FRUIT	SEASONAL FRUIT
Evening meal suggestion: <i>Vegetables cream soup & eggs with pota toes</i>	Evening meal suggestion: <i>Mixed salad & salmón with rice</i>	Evening meal suggestion: <i>Sautéed cuscús with vegetables & turkey</i>	Evening meal suggestion: <i>Mixed salad & croquettes</i>	Evening meal suggestion: <i>Cottage pie</i>
MONDAY 29	TUESDAY 30			
RICE WITH VEGETABLES & CURRY SAUCE	FUSILLI WITH TUNA SAUCE (1,3,4)			
SCRAMBLED EGGS WITH CHEESE (3,7)	HAM & CHEESE WRAPS (1,7)			
PANZANELLA SALAD (1)	MIXED SALAD WITH OLIVES			
SEASONAL FRUIT	SEASONAL FRUIT			
Evening meal suggestion: <i>Chick pea with cuscús & vegetables</i>	Evening meal suggestion: <i>Vegetables pie with mashed pota toes</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