

General menu january 2022

10	11	12	13	14
<p>MIXED SALAD WITH CORN & OLIVES</p> <p>MACARONI WITH VEGAN BOLOGNESE SAUCE (onions, carrots, tomato sauce, soy sauce, textured soybeans, aromatics) (1,3,6)</p> <p>CITRUS FRUIT</p> <p><i>Evening meal suggestion:</i> Courgettes pudding with tomato sauce / Fruit</p>	<p>3 DELIGHTS RICE (green peas, chives, ham, prawns) (2)</p> <p>GRILLED SALMON WITH LIME & DILL (4)</p> <p>CAPRESE SALAD (tomatoes, basil, fresh cheese) (7)</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Sautéed vegetable with quinoa & chicken with rosemary / Fruit</p>	<p>PUMPKIN CREAM SOUP WITH GINGER</p> <p>BEEF STEW (12)</p> <p>POTATOES & VEGETABLES (chickpea flour, laurel, carrots, green peas, tomato sauce)</p> <p>CITRUS FRUIT</p> <p><i>Evening meal suggestion:</i> Couscous salad with chickpea / Fruit</p>	<p>NOODLES WITH VEGETABLES & SOY SAUCE (6)</p> <p>HOMEMADE BREADED HADDOCK (1,3,4)</p> <p>MIXED SALAD WITH OLIVES</p> <p>NATURAL YOGHOURT (7) or FRUIT</p> <p><i>Evening meal suggestion:</i> Pasta soup & mushrooms omelette / Fruit</p>	<p>CHICKPEA STEW WITH VEGETABLES</p> <p>CHICKEN STEW</p> <p>COUSCOUS & MEAT SAUCE (1)</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Mixed salad & quiche / Fruit</p>
17	18	19	20	21
<p>THAI RICE WITH VEGETABLES & CURRY (leeks, red pepper, carrots, coconut milk, curry)</p> <p>SPRING ROLLS (1,6,9)</p> <p>MIXED SALAD WITH OLIVES</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Green pea pasta with ratatouille / Fruit</p>	<p>LENTIL STEW WITH VEGETABLES (1)</p> <p>ROAST CHICKEN WITH LEMON & ROSEMARY</p> <p>ROAST POTATOES</p> <p>CITRUS FRUIT</p> <p><i>Evening meal suggestion:</i> Mixed salad & spanish omelette / Fruit</p>	<p>FUSILLI WITH PESTO SAUCE (garlic, basil, courgettes, cheese) (1,3,7)</p> <p>HAKE FINGERS (1,4,7)</p> <p>MIXED SALAD WITH CORN</p> <p>SEASONAL FRESH FRUIT</p> <p><i>San Sebastian BBQ</i></p>	<p>PUBLIC HOLIDAY</p>	<p>CRUDITÉS WITH HUMMUS</p> <p>HOMEMADE BEEF BALLS (3)</p> <p>RICE & VEGETABLES (carrots, green peas, tomato sauce, oregano)</p> <p>NATURAL YOGHOURT (7) or FRUIT</p> <p><i>Evening meal suggestion:</i> Mixed salad & mexican quesadillas / Fruit</p>
24	25	26	27	28
<p>GNOCCHI PASTA WITH 4 FORMAGGI SAUCE (1,7)</p> <p>COURGETTE OMELETTE (3)</p> <p>TOMATO SALAD</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Cauliflower with bechamel & almonds / Fruit</p>	<p>CESAR SALAD (lettuce, tomatoes, olives, breaded chicken, mayonnaise, cheese, croutons) (1,3,7)</p> <p>BONELESS FISH & SEAFOOD PAELLA (2,4,14)</p> <p>(garlic, onions, tomatoes, peppers, prawns, squid, mussels, anglerfish)</p> <p>NATURAL YOGHOURT (7) or FRUIT</p> <p><i>Evening meal suggestion:</i> Sautéed vegetables, buckwheat & meat / Fruit</p>	<p>CHICKPEA STEW WITH VEGETABLES</p> <p>HOMEMADE BREADED CHICKEN (1,3)</p> <p>STEAMED POTATOES</p> <p>CITRUS FRUIT</p> <p><i>Evening meal suggestion:</i> Mixed salad & spanish omelette / Fruit</p>	<p>SPAGHETTI WITH CARBONARA SAUCE (onions, bacon, ham, milk, cream) (1,3,7)</p> <p>HOMEMADE TUNABURGER (3,4)</p> <p>BROCCOLI & CARROTS WITH GINGER</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Mixed salad & lentil stew / Fruit</p>	<p>PUMPKIN CREAM SOUP</p> <p>HOMEMADE MARGHERITA & CHEESE & HAM PIZZA (1,7)</p> <p>MIXED SALAD WITH CORN</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Mexican tortillas / Fruit</p>
31				
<p>TAGLIATELLE WITH NEAPOLITAN SAUCE (garlic, tomatoes, basil, oregano, parsley) (1,3)</p> <p>SPANISH OMELETTE (3)</p> <p>GREEK SALAD (tomatoes, cucumber or lettuce, black olives, yoghurt sauce) (7)</p> <p>SEASONAL FRESH FRUIT</p> <p><i>Evening meal suggestion:</i> Lentil stew with vegetables & buckwheat / Fruit</p>				

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