

## General menu june 2022

		1	2	3
		CHICKPEA STEW WITH VEGETABLES	RICE WITH RATATOUILLE	CAPRESE SALAD (tomatoes, basil, fresh cheese) (7)
		CHICKEN WITH PEPPER SAUCE	SCRAMBLED EGG WITH CHEESE (3,7)	HOMEMADE BEEF LASAGNA (1,3,7,9) (onions, carrots, peppers, tomatoes, minced beef, tomato sauce, cream sauce, cheese)
		MASHED POTATOES	MIXED SALAD WITH OLIVES & TUNA (4)	NATURAL YOGHOURT (7) or FRUIT
		SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	
		<i>Evening meal suggestion:</i> Mixed salad & breads hake / Fruit	<i>Evening meal suggestion:</i> Legum pasta with curry mushrooms / Fruit	<i>Evening meal suggestion:</i> Vegetables majorcan cake & sardines / Fruit
6	7	8	9	10
GAZPACHO	TREMPÓ WITH LENTIL (1)	MEAT & VEGETABLES PAELLA (9)	MACARONI WITH PIZZAIOLA SAUCE (garlic, tomato, basil, oregano, parsley) (1,3)	CRUDITÉS WITH GUACAMOLE
FUSSILLI WITH GREEN PESTO SAUCE (garlic, spinach, cheese & basil) (1,3,7)	GRILLED CHICKEN	BREADED SQUID (1,2,4,14)	SPANISH OMELETTE (3)	BAKED HAKE WITH CHEESE SAUCE (4,7)
MIXED SALAD WITH APPLE	ROAST POTATOES WITH SOUR CREAM (7)	MIXED SALAD WITH CORN	CESAR SALAD (lettuce, tomatoes, black olives, breaded chicken, mayonnaise, cheese, croutons) (1,3,7)	SAUTÉED RICE & GRILLED VEGETABLES
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	NATURAL YOGHOURT (7) or FRUIT
<i>Evening meal suggestion:</i> Baked sole fillet with potatoes & vegetables / Fruit	<i>Evening meal suggestion:</i> Mixed salad & spanish omelette / Fruit	<i>Evening meal suggestion:</i> Cuscús with mexican vegetables & red beans / Fruit	<i>Evening meal suggestion:</i> Sautéed quinoa with vegetables & turkey / Fruit	<i>Evening meal suggestion:</i> Mixed salad & pizza / Fruit
13	14	15	16	17
TAHIRICE WITH CURRY & BROCCOLI (coconut milk, curry)	GREEK SALAD (tomatoes, cucumber or lettuce, black olives, yoghurt sauce) (7)	CRUDITÉS WITH HUMMUS	MIXED FIDEUÁ (1,2,3,4,14)	GAZPACHO
SPRING ROLLS (1,6,9)	FARFALLE WITH VEGETABLES & TUNA SAUCE (1,3,4)	HOMEMADE BEEF BALLS (3)	HOMEMADE BREADED HADDOCK (1,3,4)	HOMEMADE MARGHERITA & CHEESE & HAM PIZZA (1,7)
MIXED SALAD WITH OLIVES	(onion, carrots, peppers, tomatoes, tuna)	COUSCOUS & VEGETABLES (carrots, green peas, meat sauce, oregano) (1)	MEXICAN PICO DE GALLO (onion, tomatoes, pepper, avocado, lemon, coriander)	MIXED SALAD WITH OLIVES & TUNA (4)
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	NATURAL YOGHOURT (7) or FRUIT
<i>Evening meal suggestion:</i> Legum pasta with ratatouille / Fruit	<i>Evening meal suggestion:</i> Boiled egg with Russian salad / Fruit	<i>Evening meal suggestion:</i> Gazpacho & squid with onion & rice / Fruit	<i>Evening meal suggestion:</i> Sautéed quinoa with vegetables & lentil / Fruit	<i>Evening meal suggestion:</i> Mexican tortillas / Fruit
20	21	22	23	
COURGETTE CREAM SOUP	LENTIL STEW WITH VEGETABLES (1,9)	NOODLES WITH VEGETABLES & SOY SAUCE (6)	Special menu	
GNOCCHI WITH 4 FORMAGGI SAUCE (1,7)	HOMEMADE BEEF BURGER WITH BREAD (1,3)	BAKED HAKE (4)	VARIETY OF QUESADILLAS (1,3,4,7)	
MIXED SALAD WITH OLIVES	ROAST POTATOES	BROCCOLI & CARROTS WITH GINGER	BREADED CHICKEN WITH MASHED POTATOES (1,3)	
SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	SEASONAL FRESH FRUIT	LEMON MOUSSE (7)	
<i>Evening meal suggestion:</i> Pasta with vegetables & chickpea / Fruit	<i>Evening meal suggestion:</i> Mixed salad & spanish omelette / Fruit	<i>Evening meal suggestion:</i> Tabulé salad with cuscús & chicken / Fruit	<i>Evening meal suggestion:</i> Grilled salmon with potatoes & courgette / Fruit	

### 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