

OCTOBER 2024  
EGG FREE MENU



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD  <b>GLUTEN AND LACTOSE FREE</b> BREADED CHICKEN  QUINOA WITH SWEETCORN  SEASONAL FRUIT	TOMATO SOUP  SALMON WITH CHIMICHURRI (4)  BROCCOLI AND BOILED POTATOES  SEASONAL FRUIT	HUMMUS WITH VEGGIE STICKS  TURKEY GOULASH WITH VEGETABLES  BASMATI RICE  SEASONAL FRUIT	<b>GLUTEN FREE</b> SOUP  <b>GLUTEN FREE</b> BATTERED HAKE (4)  STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots.  YOGURT (7)	
DINNER		Peas with potatoes  SEASONAL FRUIT	Chicken with quinoa salad  SEASONAL FRUIT	Omelette + green beans and potatoes  SEASONAL FRUIT	Spinach pureé + beef with sweetpotatoes  SEASONAL FRUIT	
		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
LUNCH	TOMATO AND OLIVE SALAD  <b>GLUTEN FREE BATTERED TOFU &amp; CHIPS</b> (6)  SEASONAL FRUIT	<b>GLUTEN FREE</b> LENTIL STEW  GRILLED CHICKEN  GREEN BEANS + BOILED POTATOES  SEASONAL FRUIT	CHINESE SALAD (6)  <b>VEGAN</b> SPECIAL FRIED RICE  <b>GLUTEN FREE</b> SPRING ROLLS  <b>GLUTEN AND LACTOSE FREE</b> CHINESE FLAN	GUACAMOLE WITH VEGGIE STICKS  ROAST TURKEY  TUMBET <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small>  SEASONAL FRUIT	PANZANELLA SALAD <b>GLUTEN FREE</b>  <b>GLUTEN FREE</b> PASTA BOLOGNESE (12)  SEASONAL FRUIT	
DINNER	Soup + filled aubergine  SEASONAL FRUIT	Sea bass with sweetpotato and salad  SEASONAL FRUIT	Pumpkin soup and mashed potatoes  SEASONAL FRUIT	Boiled chickpeas with boiled potatoes + spinach croquettes <b>EGG FREE</b>  SEASONAL FRUIT	Hake with rice and red peppers  SEASONAL FRUIT	
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	MIXED SALAD  ROAST CHICKEN  POTATOES IN SOUR SAUCE (7)  SEASONAL FRUIT	CAPRESE SALAD (7)  VEGETABLE FIDEUÁ <small>(GLUTEN FREE PASTA DISH)</small>  SEASONAL FRUIT	CHICKPEA STEW  GRILLED HAKE (4)  SAUTEED RICE WITH VEGETABLES  YOGURT (7)	PUMPKIN SOUP  CHEESEBURGER AND BREAD (1,7)  POTATO WEDGES  SEASONAL FRUIT	MIXED TUNA SALAD  HAM OR PEPPERONI PIZZA <small>(Gluten and lactose free)</small>  CAULIFLOWER AND COCONUT PUREÉ  SEASONAL FRUIT	
DINNER	Salmon + rice and peas  SEASONAL FRUIT	Turkey with cabbage, potatoes and carrots  SEASONAL FRUIT	Fried eggs with potatoes and salad  SEASONAL FRUIT	Vegetable soup + hake with green beans  SEASONAL FRUIT	Roast chicken with corn on the cob and mushrooms  SEASONAL FRUIT	
		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
LUNCH	SALSA FRESCA  <b>GLUTEN FREE</b> PASTA CARBONARA (7)  <b>VEGAN</b> OMELETTE  SEASONAL FRUIT	PUMPKIN SOUP  HAKE BREADED WITH CHICKPEA FLOUR(4)  MASHED POTATOES (6)  SEASONAL FRUIT	<b>GLUTEN FREE</b> SALAD LENTIL  TURKEY CURRY  <b>QUINOA</b>  SEASONAL FRUIT	<b>HALLOWEEN</b>  <b>TOMATO SALAD WITH BLACK OLIVES</b>  MEATBALLS WITH TOMATO SAUCE (6,9,12)  RICE  JELLY		
DINNER	Salad + salmon and prawn sushi  SEASONAL FRUIT	Salad + pork with potatoes  SEASONAL FRUIT	Pumpkin soup + cod with potatoes  SEASONAL FRUIT	Gluten free nachos with guacamole + turkey with sweetpotato.  SEASONAL FRUIT		



**SIN HUEVO**

En este menú se evitarán todos los alimentos que contengan HUEVO o trazas de HUEVO. Todas las pastas son sin gluten ya que éstas contienen trazas de huevo. Los cambios del menú basal están marcados en rojo.