

OCTOBER 2024
GLUTEN AND LACTOSE FREE MENU



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD GLUTEN AND LACTOSE FREE 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	GLUTEN FREE SOUP GLUTEN FREE BATTERED HAKE (4) STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots. SOY YOGURT	
		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	GLUTEN FREE BATTERED TOFU & CHIPS (6)	GLUTEN FREE LENTIL STEW GRILLED CHICKEN GREEN BEANS + BOILED POTATOES SEASONAL FRUIT	CHINESE SALAD (6) VEGAN SPECIAL FRIED RICE GLUTEN FREE SPRING ROLLS GLUTEN AND LACTOSE FREE CHINESE FLAN	GUACAMOLE WITH VEGGIE STICKS ROAST TURKEY TUMBET <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small> SEASONAL FRUIT	PANZANELLA SALAD GLUTEN FREE GLUTEN FREE PASTA BOLOGNESE (12) SEASONAL FRUIT	
		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 EGG FREE 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 VEGAN 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 SOY YOGURT	PUMPKIN SOUP GRILLED BURGER AND GLUTEN FREE BREAD POTATO WEDGES SEASONAL FRUIT	MIXED TUNA SALAD HAM OR PEPPERONI PIZZA <small>(Gluten and lactose free)</small> CAULIFLOWER AND COCONUT PUREÉ SEASONAL FRUIT	
		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 GLUTEN FREE PASTA AND VEGAN CARBONARA (6) FRENCH OMELETTE(3) SEASONAL FRUIT	PUMPKIN SOUP HAKE BREADED WITH CHICKPEA FLOUR(4) MASHED POTATOES (6) SEASONAL FRUIT	GLUTEN FREE SALAD LENTIL TURKEY CURRY QUINOA SEASONAL FRUIT	HALLOWEEN TOMATO SALAD WITH BLACK OLIVES MEATBALLS WITH TOMATO SAUCE (6,9,12) RICE JELLY		
		Salad + salmon and prawn sushi SEASONAL FRUIT	Lactose free spinach quiche and tomato salad SEASONAL FRUIT	Pumpkin soup + cod with potatoes SEASONAL FRUIT		Gluten free nachos with guacamole + turkey with sweetpotato. SEASONAL FRUIT



SIN GLUTEN NI LACTOSA

En este menú se evitarán todos los alimentos que contengan GLUTEN, LACTOSA O DERIVADOS DE LA LECHE o trazas de GLUTEN, LACTOSA Y DERIVADOS. Este menú puede contener proteína de la leche de vaca y ternera. En caso que el alumno no pueda comer proteína de la leche de vaca (pvl) o ternera, que avise a cocina ya que se le tendrá que hacer un menú especial. Los cambios del menú basal están marcados en rojo.