

OCTOBER 2024  
**GLUTEN FREE MENU**



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO SOUP	HUMMUS WITH VEGGIE STICKS	GLUTEN FREE SOUP	
		GLUTEN AND LACTOSE FREE BREADED CHICKEN	SALMON WITH CHIMICHURRI (4)	TURKEY GOULASH WITH VEGETABLES	GLUTEN FREE BREADED HAKE (4)	
DINNER		QUINOA WITH SWEETCORN	BROCCOLI AND BOILED POTATOES	BASMATI RICE	STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots.	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	
		Peas with potatoes and fried egg.	Pollo con ensalada de quinoa	Omelette + green beans and potatoes	Spinach pureé + beef with sweetpotatoes	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
LUNCH	TOMATO AND OLIVE SALAD	LENTIL STEW (GLUTEN FREE)	CHINESE SALAD (6)	GUACAMOLE WITH VEGGIE STICKS	GLUTEN FREE PANZANELLA SALAD	
	GLUTEN FREE BREADED TOFU & CHIPS (6)	GRILLED CHICKEN	SPECIAL FRIED RICE (3)	ROAST TURKEY	GLUTEN FREE PASTA BOLOGNESE (12)	
	SEASONAL FRUIT	GREEN BEANS + BOILED POTATOES	GLUTEN FREE SPRING ROLLS	TOMBAT <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small>	SEASONAL FRUIT	
DINNER	Soup + stuffed aubergine	Grilled sea bass with sweetpotato and salad	Pumpkin soup + potato omelette	Boiled chickpeas with boiled potatoes + spinach croquettes	Rice salad with vegetables	
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		SEASONAL FRUIT	CHINESE FLAN <b>gluten and lactose free</b>	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	MIXED SALAD	CAPRESE SALAD (7)	CHICKPEA STEW	PUMPKIN SOUP	TUNA SALAD	
	ROAST CHICKEN	GLUTEN FREE VEGETABLE FIDEUÁ (PASTA DISH) (3)	GRILLED HAKE (4)	CHEESEBURGER WITH GLUTEN FREE BREAD (3,7)	GLUTEN AND LACTOSE FREE HAM OR PEPPERONI PIZZA	
	POTATOES IN SOUR SAUCE (7)	SEASONAL FRUIT	SAUTEED RICE WITH VEGETABLES	POTATO WEDGES	CAULIFLOWER AND COCONUT PUREÉ	
DINNER	SEASONAL FRUIT	Turkey with cabbage, potatoes and carrots	Fried eggs with potatoes and salad	Vegetable soup + hake with green beans	SEASONAL FRUIT	
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
LUNCH	SALSA FRESCA	PUMPKIN SOUP	LENTIL SALAD (GLUTEN FREE)	<b>HALLOWEEN</b>		
	GLUTEN FREE PASTA CARBONARA (7)	HAKE BREADED IN CHICKPEA FLOUR (4)	TURKEY CURRY	STUFFED EGGS (3,6,7)		
	FRENCH OMELETTE (3)	MASHED POTATOES (6)	QUINOA	MEATBALLS WITH TOMATO SAUCE (6,9,12)		
DINNER	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	RICE		
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	JELLY		
	Salad + salmon and prawn sushi	Spinach quiche with tomato salad	Pumpkin soup + cod with potatoes	Nachos(gluten free) with guacamole + turkey with sweetpotato.		
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT		



**SIN GLUTEN**

En este menú se evitarán todos los alimentos que contengan GLUTEN o trazas de GLUTEN. . Los cambios del menú basal están marcados en rojo.