

OCTOBER 2024  
**LACTOSE FREE MENU**



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO SOUP	HUMMUS WITH VEGGIE STICKS	SOUP WITH STAR-SHAPED PASTA (1,3)	
		<b>GLUTEN AND LACTOSE FREE</b> BREADED CHICKEN  COUSCOUS WITH SWEETCORN(1)  SEASONAL FRUIT	SALMON WITH CHIMICHURRI (4)  BROCCOLI AND BOILED POTATOES  SEASONAL FRUIT	TURKEY GOULASH WITH VEGETABLES  BASMATI RICE  SEASONAL FRUIT	SQUID RINGS (1,14)  STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots.  <b>SOY YOGURT (6)</b>	
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  FISH & CHIPS (1,4)  SEASONAL FRUIT	LENTIL STEW (1)	CHINESE SALAD (6)	GUACAMOLE WITH VEGGIE STICKS	PANZANELLA SALAD (1)	
		GRILLED CHICKEN GREEN BEANS + BOILED POTATOES SEASONAL FRUIT	SPECIAL FRIED RICE (3)  SPRING ROLLS (1)  CHINESE FLAN <b>GLUTEN AND LACTOSE FREE</b>	ROAST TURKEY  TOMBAT (Mallorcan dish with sliced potatoes, aubergines and red peppers)  SEASONAL FRUIT	PASTA BOLOGNESE (1,3,6,10,12)  SEASONAL FRUIT	
DINNER	Soup + stuffed aubergine SEASONAL FRUIT	Grilled sea bass with sweetpotato and salad SEASONAL FRUIT	Pumpkin soup + potato omelette SEASONAL FRUIT	Boiled chickpeas with boiled potatoes + spinach croquettes SEASONAL FRUIT	Fish with Rice salad with vegetables SEASONAL FRUIT	
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	MIXED SALAD  ROAST CHICKEN  POTATOES IN <b>VEGAN</b> SOUR SAUCE SEASONAL FRUIT	<b>TOMATO SALAD</b>  VEGETABLE FIDEUÁ (PASTA DISH) (1,3)  SEASONAL FRUIT	CHICKPEA STEW  GRILLED HAKE (6)  SAUTEED RICE WITH VEGETABLES <b>SOY YOGURT (6)</b>	PUMPKIN SOUP  BEEF BURGER WITHOUT CHEESE + BREAD (1,3)  POTATO WEDGES SEASONAL FRUIT	TUNA SALAD  HAM OR PEPPERONI PIZZA (1,7)  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  VEGETABLE GNOCCHI CARBONARA (1,3,7)  FRENCH OMELETTE(3)  SEASONAL FRUIT	PUMPKIN SOUP  HAKE BREADED WITH CHICKPEA FLOUR(4)  MASHED POTATOES (6)  SEASONAL FRUIT	LENTIL SALAD (1)  TURKEY CURRY  COUSCOUS (1)  SEASONAL FRUIT	<b>HALLOWEEN</b> <b>TOMATO SALAD WITH BLACK OLIVES</b>  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



**NO LACTOSA**

En este menú se evitarán todos los alimentos que contengan LACTOSA O LACTEOS o trazas . 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 (pv) 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.