

OCTOBER 2024
NUT FREE MENÚ



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO SOUP	HUMMUS WITH VEGGIE STICKS	SOUP WITH STAR-SHAPED PASTA (1,3)	
		GLUTEN AND LACTOSE FREE BREADED CHICKEN	SALMON WITH CHIMICHURRI (4)	TURKEY GOULASH WITH VEGETABLES	GLUTEN FREE BATTERED HAKE (4)	
DINNER		COUSCOUS WITH SWEETCORN (1)	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.	Chicken with quinoa salad	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	GLUTEN FREE BATTERED TOFU & CHIPS (6)	TOMATO AND OLIVE SALAD	LENTIL STEW (1)	CHINESE SALAD (6)	GUACAMOLE WITH VEGGIE STICKS	PANZANELLA SALAD (1)
		SEASONAL FRUIT	GRILLED CHICKEN	SPECIAL FRIED RICE (3)	ROAST TURKEY	PASTA BOLOGNESE (1,3,6,10,12)
DINNER	Soup + filled aubergine	GREEN BEANS + BOILED POTATOES	GRILLED CHICKEN	SPRING ROLLS (1)	TUMBET <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small>	SEASONAL FRUIT
		SEASONAL FRUIT	SEASONAL FRUIT	CHINESE FLAN (3,7)	SEASONAL FRUIT	SEASONAL FRUIT
		SEASONAL FRUIT	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
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	ROAST CHICKEN	MIXED SALAD	CAPRESE SALAD (7)	CHICKPEA STEW	PUMPKIN SOUP	TUNA SALAD (4)
		POTATOES IN SOUR SAUCE (7)	VEGETABLE FIDEUÁ (PASTA DISH) (1,3)	GRILLED HAKE (4)	CHEESEBURGER WITH BREAD (1,3,7)	HAM OR PEPPERONI PIZZA (1,7)
DINNER	Salmon + rice and peas	SEASONAL FRUIT	SEASONAL FRUIT	SAUTEED RICE WITH VEGETABLES	POTATO WEDGES	CAULIFLOWER AND COCONUT PUREE
		SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT
		SEASONAL FRUIT	Turkey with cabbage, potatoes and carrots	Fried eggs with potatoes and salad	Vegetable soup + hake with green beans	Roast chicken with corn on the cob and mushrooms
		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	HALLOWEEN
LUNCH	GNOCCHI CARBONARA (1,3,7)	SALSA FRESCA	PUMPKIN SOUP	LENTIL SALAD (1)	HALLOWEEN	
		FRENCH OMELETTE (3)	HAKE BREADED IN CHICKPEA FLOUR (4)	TURKEY CURRY	STUFFED EGGS (3,6,7)	
DINNER	Salad + salmon and prawn sushi	SEASONAL FRUIT	MASHED POTATOES (6)	COUS COUS (1)	MEATBALLS WITH TOMATO SAUCE (6,9,12)	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	RICE	
		SEASONAL FRUIT	Spinach quiche with tomato salad	Pumpkin soup + cod with potatoes	JELLY	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	NACHOS WITH GUACAMOLE + TURKEY WITH SWEETPOTATO.	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	



NO FRUTOS SECOS

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