

GREEN SALAD GUITEN FREE BREADED AUBERGINE COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT Peas with plotatoes and nub SEASONAL FRUIT TUESDAY 8 WEDNESDAY 9 TOMATO AND OLIVE SEASONAL FRUIT SEASONAL FRUIT GRILLED HEURA (6) SEASONAL FRUIT TOMATO AND OLIVE SEASONAL FRUIT SEAS	LUNCH	TOMATO AND OLIVE	GLUTEN FREE BREADED AUBERGINE COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT Peas with potatoes and nuts	HEURA WITH CHIMICHURRI (6) BROCCOLI AND BOILED POTATOES	STICKS TOFU STEW WITH VEGETABLES (6)	FALAFEL (1) STIR-FRIED VEGGIES: Peppers, zucchini, onions
AUBERGINE COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SALAD MONDAY 7 TUESDAY 8 LENTIL STEW (1) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SALAD GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SALAD GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL F	LUNCH	TOMATO AND OLIVE	AUBERGINE COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT Peas with potatoes and nuts	CHIMICHURRI (6) BROCCOLI AND BOILED POTATOES	VEGETABLES (6)	STIR-FRIED VEGGIES: Peppers, zucchini, onions
COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT TOMATO AND OLIVE SALAD GRILLED HEURA (6) GREEN BEANS + BOILED TOPU & CHIPS (6) GREEN BEANS + BOILED TOPU & CHIPS (6) GREEN BEANS + BOILED SEASONAL FRUIT SEAS	LUNCH	TOMATO AND OLIVE	SWEETCORN (1) SEASONAL FRUIT Peas with potatoes and nuts	POTATOES	BASMATI RICE	Peppers, zucchini, onions
Peds with potatoes and nuts SEASONAL FRUIT MONDAY 7 TUESDAY 8 TOMATO AND OLIVE SALAD LENTIL STEW (1) GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT	HONOH	TOMATO AND OLIVE	Peas with potatoes and nuts	SEASONAL FRUIT		
MONDAY 7 TUESDAY 8 SEASONAL RRUIT SEASONAL RRUIT TOMATO AND GLIVE SALAD TOMATO AND GLIVE SALAD GRILLED HEURA (6) GREEN BEANS + BOILDED FORTA & CHIP'S (6) GREEN BEANS + BOILDED SEASONAL FRUIT MONDAY 14 TUESDAY 15 TOWATO SALAD TOWATO SA	HONOH	TOMATO AND OLIVE	·		SEASONAL FRUIT	SOY YOGURT (6)
MONDAY 7 TUESDAY 10 TUESDAY 10 TUESDAY 10 TUESDAY 10 TUESDAY 10 TOMATO AND OLIVE SALAD LENTIL STEW (1) GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT GLUTEN FREE BATTERED TOFU & CHIPS (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL F	HONOH	TOMATO AND OLIVE	SEASONAL FRUIT	Quinoa salad with veggies	Vegan omelette + green	Spinach pureé + seitan with
TOMATO AND OLIVE SALAD CRUITEN FREE BATTERED TOPU & CHIPS (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT MONDAY 21 TUESDAY 22 WEDNESDAY 23 THURSDAY 24 FRIDAY 25 MONDAY 28 TUESDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN TOMATO AND OLIVE SALAD SOY MEATBALLS WITH		TOMATO AND OLIVE				
SALAD LENILE SIEW (I) (6) VEGGIE STICKS TUMBET TOMBET TOMBET			IUESDAT 0	WEDNESDAT 9	IUUK2DAT IU	FRIDAT II
SEASONAL FRUIT SEASONAL FRUIT		•	LENTIL STEW (1)			PANZANELLA SALAD (1)
SEASONAL FRUIT SEASONAL FRUIT	DINNER		GRILLED HEURA (6)		, ,	
Soup + filled aubergine Soup + filled aubergine Soup + filled aubergine Seasonal Fruit Seasonal Fruit Seasonal Fruit MONDAY 14 TUESDAY 15 MIXED SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP ROAST Heura (6) POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEASON	DINNER	1010 & CIIII 3 (0)		SPRING ROLLS (1)	(Mallorcan dish with sliced potatoes,	TEXTORISED 301) (1,3,6,10)
Soup + filled aubergine Seasonal Fruit Seaso	DINNER	SEASONAL FRUIT	SEASONAL FRUIT	VEGAN CHINESE FLAN (6)	SEASONAL FRUIT	SEASONAL FRUIT
SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT FRIDAY 18 MIXED SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP GREEN SALAD ROAST Heura (6) POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEAS		Soup + filled aubergine			boiled potatoes + spinach	Rice and vegetable salad
MIXED SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP GREEN SALAD VEGAN BURGER AND BREAD (1.6) VEGGIE PIZZA (1) POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEASONAL FRU		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
ROAST Heura (6) POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEASONA		MIXED SALAD	TOMATO SALAD	CHICKPEA STEW	PUMPKIN SOUP	GREEN SALAD
SOUR SAUCE SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT Tofu + rice and peas SEASONAL FRUIT SEA	LUNCH	ROAST Heura (6)	VEGETABLE FIDEUÁ (1,3)	GRILLED TOFU (6)		VEGGIE PIZZA (1)
Tofu + rice and peas SEASONAL FRUIT SEASONAL FRUIT MONDAY 21 TUESDAY 22 WEDNESDAY 30 THURSDAY 31 HALLOWEEN SALSA FRESCA Potatoes filled with texturised soy and salad With green beans SEASONAL FRUIT SEASONAL FRU					POTATO WEDGES	
SEASONAL FRUIT SEASONAL FRUIT MONDAY 21 TUESDAY 22 WEDNESDAY 23 THURSDAY 24 FRIDAY 25 MONDAY 28 TUESDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO AND OLIVE SALAD SOY MEATBALLS WITH		SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT (6)	SEASONAL FRUIT	SEASONAL FRUIT
SEASONAL FRUIT SEASON	DINNER	Tofu + rice and peas				
MONDAY 28 TUESDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO AND OLIVE SALAD SOY MEATBALLS WITH						
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO AND OLIVE SALAD GNOCCHIS AND VEGGIE CARRONARA BREADED TOFILI(6) HEURA CURRY (6) SOY MEATBALLS WITH		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO AND OLIVE SALAD GNOCCHIS AND VEGGIE CARRONARA BREADED TOFILI(6) HEURA CURRY (6) SOY MEATBALLS WITH						
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO AND OLIVE SALAD GNOCCHIS AND VEGGIE CARRONARA BREADED TOFILI(6) HEURA CURRY (6) SOY MEATBALLS WITH		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
GNOCCHIS AND VEGGIE CARBONARA BREADED TOFU(6) HEURA CURRY (6) SOY MEATBALLS WITH		SALSA FRESCA	PUMPKIN SOUP	LENTIL SALAD (1)	TOMATO AND OLIVE	
(1,3,7) TOMATO SAUCE (6)	LUNCH	GNOCCHIS AND VEGGIE CARBONARA	BREADED TOFU(6)	HEURA CURRY (6)		
VEGAN OMELLETTE MASHED POTATOES (6) COUSCOUS (1) RICE						
SEASONAL FRUIT SEASONAL FRUIT JELLY		(1,3,7)	MASHED POTATOES (6)	COUSCOUS (1)	RICE	_
	NN ER	(1,3,7) VEGAN OMELLETTE	, ,			
Salad + Nuts and vegan spinach pastry and sushi sushi vegan spinach pastry and tomato salad Pumpkin soup +Peas with potatoes Pumpkin soup +Peas with guacamole + tofu with sweetpotato.		(1,3,7) VEGAN OMELLETTE SEASONAL FRUIT Salad + Nuts and vegan	SEASONAL FRUIT Vegan spinach pastry and	SEASONAL FRUIT Pumpkin soup +Peas with	JELLY Gluten free nachos with guacamole + tofu with	



VEGETARIANO VEGANO

En este menú se evitarán todos los alimentos que contengan CARNE O PESCADO O HUEVOS O LÁCTEOS. Entendemos por vegetariano vegano aquellas personas que no comen carne ni pescado ni huevos ni lácteos. Los cambios del menú basal están marcados en rojo.





