



NOVEMBER 2024
EGG FREE MENU



					FRIDAY 1ST	
						
					FRIDAY 8TH	
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH			
LUNCH	TOMATO AND OLIVE SALAD GLUTEN FREE PASTA WITH SPINACH PESTO VEGAN OMELETTE SEASONAL FRUIT	LENTIL AND PUMPKIN SOUP (1) HAKE ROASTED WITH GARLIC AND PARSLEY (4) ROAST POTATOES SEASONAL FRUIT	APPLE SALAD CHICKEN TIKKA MASSALA QUINOA WITH CARROTS YOGURT (7)	CHICKPEA HUMMUS WITH VEGGIE STICKS MIXED PAELLA (2,4,14) SEASONAL FRUIT	GLUTEN FREE SOUP GLUTEN FREE BREADED BEEF GREEN BEANS AND POTATOES SEASONAL FRUIT	
SUPPER	Lactose and gluten free chicken croquettes and vegetables seasonal fruit	French omelette with rice and peas seasonal fruit	Grilled sea bass with broccoli and potatoes seasonal fruit	Mexican burritos with veggies seasonal fruit	Grilled cod with rice and salad seasonal fruit	
					FRIDAY 15TH	
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH			
LUNCH	BEAN STEW WITH VEGETABLES GRILLED SALMON WITH TOMATO AND VEGAN CREAM SAUCE (4) MASHED POTATO SEASONAL FRUIT	CARROT AND GINGER CREAM SOUP TURKEY GOULASH WHITE RICE SEASONAL FRUIT	GREEN SALAD GLUTEN AND LACTOSE FREE BEEF LASAGNA VANILLA PUDDING (7)	MIXED SALAD GLUTEN FREE BREADED FISH AND CHIPS (4) SEASONAL FRUIT	MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY QUINOA AND STEAMED BROCCOLI SEASONAL FRUIT	
SUPPER	Quinoa salad with nuts seasonal fruit	Grilled fish with zucchini and potatoes seasonal fruit	Rice soup and chicken with cabbage seasonal fruit	Salad with brad and vegan sobrasada seasonal fruit	Grilled seabrim with green beans and carrots seasonal fruit	
					FRIDAY 22ND	
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST			
LUNCH	CAULIFLOWER AND COCONUT CREAM SOUP GLUTEN FREE PASTA A LA NAPOLITANA VEGAN SCRAMBLED EGGS SEASONAL FRUIT	VEGAN SOUP WITH GLUTEN FREE NOODLES TUNA BURGER (3,4) SAUTEED PEAS AND CARROTS SEASONAL FRUIT	GLUTEN FREE NACHOS WITH GUACAMOLE  CHILLI CON CARNE BASMATI RICE GLUTEN AND LACTOSE FREE VEGAN FLAN	GREEK SALAD(7) PEPPERED CHICKEN QUINOA WITH VEGGIES SEASONAL FRUIT	TUNA SALAD(4) GLUTEN AND LACTOSE FREE PIZZA SEASONAL FRUIT	
SUPPER	Grilled chicken with potatoes and spinach seasonal fruit	Cream of vegetables soup and spanish omelette seasonal fruit	Grilled fish with boiled carrots and sweetcorn seasonal fruit	Soup + Beef meatballs and vegetables seasonal fruit	Toast with tomato puree and cheese + salad seasonal fruit	
					FRIDAY 29TH	
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH			
COMIDA	CARROT SOUP VEGAN ZUCCHINI TORTILLA RICE WITH TOMATO SAUCE SEASONAL FRUIT	GLUTEN AND LACTOSE FREE CAESAR SALAD GLUTEN FREE MIXED FIDEUÁ (2,4,14) SEASONAL FRUIT	GREEN SALAD LACTOSE FREE HAMBURGER (1) OVEN BAKED POTATO WEDGES YOGURT (7)	CHICKPEA STEW WITH VEGETABLES CHICKEN WITH CHIMICHURRI QUINOA SEASONAL FRUIT	GLUTEN FREE SOUP HAKE BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT	