

NOVEMBER 2024

GLUTEN AND LACTOSE FREE MENU



					FRIDAY 1ST
					
MONDAY 4TH		TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
LUNCH	TOMATO AND OLIVE SALAD	PUMPKIN SOUP	APPLE SALAD	CHICKPEA HUMMUS WITH VEGGIE STICKS	GLUTEN FREE SOUP
	GLUTEN FREE PASTA WITH SPINACH PESTO	HAKE ROASTED WITH GARLIC AND PARSLEY (4)	CHICKEN TIKKA MASSALA	MIXED PAELLA (2,4,14)	GLUTEN FREE BREADED BEEF
	FRENCH OMELETTE(3)	ROAST POTATOES	QUINOA WITH CARROTS		GREEN BEANS AND POTATOES
	SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT(6)	SEASONAL FRUIT	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
MONDAY 11TH		TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
LUNCH	BEAN STEW WITH VEGETABLES	CARROT AND GINGER CREAM SOUP	GREEN SALAD	MIXED SALAD	MALLORCAN CHICKPEA SALAD
	GRILLED SALMON WITH TOMATO AND VEGAN CREAM SAUCE (4)	TURKEY GOULASH	GLUTEN AND LACTOSE FREE BEEF LASAGNA	GLUTEN FREE BREADED FISH AND CHIPS (4)	ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY
	MASHED POTATO	WHITE RICE			QUINOA AND STEAMED BROCCOLI
	SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT(6)	SEASONAL FRUIT	SEASONAL FRUIT
SUPPER	Quinoa salad with a boiled egg 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
MONDAY 18TH		TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
LUNCH	CAULIFLOWER AND COCONUT CREAM SOUP	VEGAN SOUP WITH GLUTEN FREE NOODLES	GLUTEN FREE NACHOS WITH GUACAMOLE	LACTOSE FREE GREEK SALAD	TUNA SALAD(4)
	GLUTEN FREE PASTA A LA NAPOLITANA	TUNA BURGER (3,4)	CHILLI CON CARNE	PEPPERED CHICKEN	GLUTEN AND LACTOSE FREE PIZZA
	SCRAMBLED EGGS (3)	SAUTEED PEAS AND CARROTS	BASMATI RICE	QUINOA WITH VEGGIES	
	SEASONAL FRUIT	SEASONAL FRUIT	GLUTEN AND LACTOSE FREE VEGAN FLAN	SEASONAL FRUIT	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 + Soy meatballs and vegetables seasonal fruit	Toast with tomato puree and cheese + salad seasonal fruit
MONDAY 25TH		TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
LUNCH	CARROT SOUP	GLUTEN AND LACTOSE FREE CAESAR SALAD	GREEN SALAD	CHICKPEA STEW WITH VEGETABLES	GLUTEN FREE SOUP
	ZUCCHINI TORTILLA (3)		LACTOSE FREE HAMBURGER (1)	CHICKEN WITH CHIMICHURRI	HAKE BREADED IN CHICKPEA FLOUR
	RICE WITH TOMATO SAUCE	GLUTEN FREE MIXED FIDEUÁ (2,4,14)	OVEN BAKED POTATO WEDGES	QUINOA	SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN
	SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT(6)	SEASONAL FRUIT	SEASONAL FRUIT