

NOVEMBER 2024
LACTOSE FREE MENU



					FRIDAY 1ST	
						
					FRIDAY 8TH	
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH			
LUNCH	TOMATO AND OLIVE SALAD PASTA WITH SPINACH PESTO (1,3,6,10) FRENCH OMELETTE(3) SEASONAL FRUIT	PUMPKIN SOUP HAKE ROASTED WITH GARLIC AND PARSLEY (4) ROAST POTATOES SEASONAL FRUIT	APPLE SALAD CHICKEN TIKKA MASSALA COUSCOUS WITH CARROTS SOY YOGURT(6)	CHICKPEA HUMMUS WITH VEGGIE STICKS MIXED PAELLA (2,4,14) SEASONAL FRUIT	SOUP (1,3,6,10) GLUTEN FREE BREADED BEEF GREEN BEANS AND POTATOES SEASONAL FRUIT	
SUPPER	Lactose 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 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 SOY YOGURT(6)	MIXED SALAD GLUTEN FREE BREADED FISH AND CHIPS (1,4) SEASONAL FRUIT	MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY QUINOA AND STEAMED BROCCOLI(1) 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 PASTA A LA NAPOLITANA (1,3,6,10) SCRAMBLED EGGS (3) SEASONAL FRUIT	VEGAN SOUP WITH GLUTEN FREE NOODLES TUNA BURGER (3,4) SAUTEED PEAS AND CARROTS SEASONAL FRUIT	GLUTEN FREE NACHOS WITH GUACAMOLE (1)  CHILLI CON CARNE BASMATI RICE GLUTEN AND LACTOSE FREE VEGAN FLAN	LACTOSE FREE GREEK SALAD PEPPERED CHICKEN COUSCOUS WITH VEGETABLES (1) 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 + 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	LENTIL SOUP (1) ZUCCHINI TORTILLA (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT	GLUTEN AND LACTOSE FREE CAESAR SALAD MIXED FIDEUÁ PASTA (1,2,3,4,6,10,14) SEASONAL FRUIT	GREEN SALAD LACTOSE FREE HAMBURGER (1) OVEN BAKED POTATO WEDGES SOY YOGURT(6)	CHICKPEA STEW WITH VEGETABLES CHICKEN WITH CHIMICHURRI BULGUR WHEAT (1) FRUTA DEL TIEMPO	SOUP (1,3,6,10) HAKE BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN FRUTA DEL TIEMPO	
SUPPER	Grilled heura with mashed potatoes and green beans	Cauliflower and potatoes with texturised soy	Grilled tofu with rice and broccoli	Pasta with salad and nuts	PUMPKIN SOUP + spinach CROQUETTES	