

## WEEK FROM MARCH 25TH TO MARCH 31ST



WEEK 4		LUNCH		DINNER
MONDAY	A	SALAD	S	
	B	VEGETABLE SOUP (1)	So	
	C	SAUTÉED RICE WITH MEAT (12)	E	BUFFET
	D	BREADED HAKE FILLET (1-6-12)	F	
	V	VEGETABLE PIZZA (1-7-12)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
		OP: OTHER OPTION SECOND DISH		
TUESDAY	A	SALAD	S	
	B	"RIOJANA" SOUP (3-12)	So	
	C	CHICKEN THIGH WITH ORANGE SAUCE	E	BUFFET
	D	SAUTEED PASTA WITH TUNA (1-3-4-7)	F	
	V	PUMPKIN AND PEPPER SKEWERS	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
WEDNESDAY	A	SALAD	S	
	B	"CANARIAN" STYLE LENTILS (12)	So	
	C	COMBINED LOIN AND FRIED EGG (3-7-12)	E	BUFFET
	D	STOKER FISH "MARMITAKO" STYLE (4-12)	F	
	V	SCRAMBLED MUSHROOMS AND CHIPS (3-12)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
THURSDAY	A	SALAD	S	
	B	PUMPKIN CREAM "CANARIAN" STYLE	So	
	C	AMERICAN HAMBURGER WITH CHIPS (1-3-7-10-12)	E	BUFFET
	D	COD PORTUGUESE STYLE (4-12)	F	
	V	CURRY RICE WITH APPLE (7)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
FRIDAY	A	SALAD	S	
	B	WHITE BEAN SOUP (12)	So	
	C	CUBA RICE (3-12)	E	BUFFET
	D	TUNA CAKE (1-3-4-7-12)	F	
	V	NOODLES IN VEGETABLE SAUCE (1-6-7-12)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
SATURDAY	A	SALAD	S	
	B	TUMACA BREAD (1-12)	So	
	C	CABBAGE AND CHICKEN FLAKED (1-3-7)	E	BUFFET
	D	BREADED AND FRIED FISH (1-3-4)	F	
	V	STUFFED ROASTED POTATO (7-12)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	
SUNDAY	A	SALAD	S	
	B	SOUP WITH RED WINE (12)	So	
	C	BEEF CHOP SUEY (6-10-12)	E	BUFFET
	D	SCRAMBLED MUSHROOMS (3-12)	F	
	V	PUMPKIN AND CABBAGE CAKE (1-3-7)	V	
	OP	SQUID "LA ROMANA" STYLE	OP	

## FOOD ALLERGENS

1. GLUTEN 2. CRUSTACEANS 3. EGGS 4. FISH 5. PEANUTS 6. SOYA 7. MILK 8. TREE NUTS 9. CELERY 10. MUSTARD 11. SESAME 12. SULPHITES 13. MOLLUSCS 14. LUPIN