

## WEEK FROM APRIL 1ST TO APRIL 7TH

aramark 

| WEEK 1    |    | LUNCH                                    |    | DINNER                            |
|-----------|----|--|----|-----------------------------------|
| MONDAY    | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |
|           | B  | TYPICAL CANARY MEAL "ROPA VIEJA" 3-12    | So | CHICKEN AND PASTA SOUP 1          |
|           | C  | BONDIOLA "GALLEGA" STYLE 12              | E  | AMERICAN BURGER 1-3-7-10-11-12    |
|           | D  | GRILLED STOKER FISH 4                    | F  | COD PORTUGUESE STYLE              |
|           | V  | VEGETABLE CAKE 1-3-7                     | V  | BREADED BROCOLI 1-3               |
|           | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |
|           |    | OP: OTHER OPTION SECOND DISH             |    |                                   |
| TUESDAY   | A  | SALAD 3-4-12                             | S  |                                   |
|           | B  | POTAJE "ASTURIANO" STYLE 12              | SO |                                   |
|           | C  | PORK CHOP "LA RIOJANA" STYLE 12          | E  | BUFFET                            |
|           | D  | OMELETTE WITH TUNA AND VEGETABLES 3-4-12 | F  |                                   |
|           | V  | EGG IN THE SPINACH NEST 3-6-7            | V  |                                   |
|           | OP | GRILLED TUNA                             | OP |                                   |
|           |    |  |    |                                   |
| WEDNESDAY | A  | RUSSIAN SALAD 3-4-7-12                   | S  |                                   |
|           | B  | SWEET POTATOE CREAM                      | So |                                   |
|           | C  | TYPICAL "SAN JACOBOS" 1-3-7-12           | E  | BUFFET                            |
|           | D  | SAILOR PAELLA 2-4-12-13                  | F  |                                   |
|           | V  | VEGETABLES WITH HONEY SAUCE              | V  |                                   |
|           | OP | GRILLED TUNA                             | OP |                                   |
|           |    |  |    |                                   |
| THURSDAY  | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |
|           | B  | VEGETABLE SOUP                           | So | CARROT CREAM                      |
|           | C  | BEEF SOUP 12                             | E  | PORK SIRLOIN IN SAUCE             |
|           | D  | "CHERNE" FISH IN GREEN "MOJO" SAUCE 4    | F  | BREADED HAKE 1-3-4                |
|           | V  | PASTA "PISTO" STYLE 1-3-12               | V  | "PISTO" WITH EGG 3-12             |
|           | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |
|           |    |  |    |                                   |
| FRIDAY    | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |
|           | B  | CANARIAN "RANCHO"                        | So | VEGETABLE SOUP                    |
|           | C  | GRILLED BEEF STEAK                       | E  | CHICKEN BREAST 7                  |
|           | D  | BAKED COD WITH ONION 4-12                | F  | TUNA CAKE 1-3-4-7                 |
|           | V  | RICE "THREE DELIGHTS" 3                  | V  | ZUCCHINI OMELETTE 3               |
|           | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |
|           |    |  |    |                                   |
| SATURDAY  | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |
|           | B  | LENTILS "MOROCCAN STYLE"                 | So | CHICKEN AND PASTA SOUP 1          |
|           | C  | MEAT LASAGNA 1-3-4-12                    | E  | RUSSIAN STEAK IN SAUCE 1-3-10-12  |
|           | D  | COLOMBIAN POTATOE 1-3-4                  | F  | BAKED STOKER FISH 4               |
|           | V  | SCRAMBLED OF VEGETABLES 3                | V  | SAUTEED VEGETABLES WITH APPLE     |
|           | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |
|           |    |  |    |                                   |
| SUNDAY    | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |
|           | B  | VEGETABLE SOUP                           | So | CHARD CREAM                       |
|           | C  | BAKED CHICKEN WITH PEACH 12              | E  | VEAL "FLAMENQUINES" 1-3-7         |
|           | D  | GRATEN COD WITH TOMATO 4-7-12            | F  | LASAGNA "SAILOR" STYLE 1-3-4-7-12 |
|           | V  | CATALONIAN STYLE SPINACH 3-7-8-10        | V  | PUMPKIN STUFFED WITH VEGETABLES 7 |
|           | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |
|           |    |  |    |                                   |

## 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