


WEEK FROM MARCH 2ND TO MARCH 8TH				aramark 
WEEK 4		LUNCH		DINNER
MONDAY	A	SALAD	S	SALAD
	B	VEGETABLE SOUP (1)	So	PALMENTIER CREAM (7-12)
	C	SAUTÉED RICE WITH MEAT (12)	E	BREADED CHICKEN RABS (1-3)
	D	BREADED HAKE FILLET (1-6-12)	F	SAUTTED SEA BASS WITH LEMON (4)
	V	VEGETABLE PIZZA (1-7-12)	V	PASTA WITH VEGETABLE SAUCE "PISTO" (1-3-7-12)
	OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE
		OP: OTHER OPTION SECOND DISH		
TUESDAY	A	SALAD	S	SALAD
	B	"RIOJANA" SOUP (3-12)	So	CABBAGE AND VEGETABLE STEW
	C	CHICKEN THIGH WITH ORANGE SAUCE	E	PORK IN CHINESE SAUCE (1-6-10-12)
	D	SAUTEED PASTA WITH TUNA (1-3-4-7)	F	GRILLED SEA BASS (4)
	V	PUMPKIN AND PEPPER SKEWERS	V	STUFFED PEPPERS (6-7)
	OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE
WEDNESDAY	A	SALAD	S	SALAD
	B	"CANARIAN" STYLE LENTILS (12)	So	LEGUME AND CHEESE CREAM (7-12)
	C	MEATBALLS WITH RICE (1-3-12)	E	BEEF AND VEGETABLE WOK (6-10-12)
	D	STOKER FISH "MARMITAKO" STYLE (4-12)	F	GALICIAN PIE (1-3-4-7-12)
	V	SCRAMBLED MUSHROOMS AND CHIPS (3-12)	V	SAUTEED VEGETABLES WITH GARLIC
	OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE
THURSDAY	A	SALAD	S	SALAD
	B	PUMPKIN CREAM "CANARIAN" STYLE	So	CARROT AND SWEET POTATO CREAM
	C	AMERICAN HAMBURGER WITH CHIPS (1-3-7-10-12)	E	VEAL "FLAMENQUINES" (1-3-7)
	D	COD PORTUGUESE STYLE (4-12)	F	SAILOR PAELLA (2-4-12-13)
	V	CURRY RICE WITH APPLE (7)	V	ZUCCHINI CAKE (1-3-7-12)
	OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE
FRIDAY	A	SALAD	S	SALAD
	B	WHITE BEAN SOUP (12)	So	VEGETABLE SOUP
	C	GARLIC CHICKEN (12)	E	CHICKEN SKEWER
	D	TUNA CAKE (1-3-4-7-12)	F	HAKE SCALLOPS (1-3-4)
	V	NOODLES IN VEGETABLE SAUCE (1-6-7-12)	V	POTATO AND ZUCCHINI OMELETTE (3)
	OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE
SATURDAY	A	SALAD	S	SALAD
	B	TUMACA BREAD 1-12	So	"APPETIZING" TOAST 1-3-7
	C	CABBAGE AND CHICKEN FLAKED 1-3-7	E	"CAPRICHOSA" PIZZA 1-3-7-12
	D	BREADED AND FRIED FISH 1-3-4	F	"CHERNE" BEARNESA STYLE 3-4-7
	V	STUFFED ROASTED POTATO 1-3-4	V	CHINESE WHITE RICE 6-12
	OP	ROMAN STYLE SQUID 7-12	OP	ROMAN STYLE SQUID
SUNDAY	A	SALAD	S	SALAD
	B	SOUP WITH RED WINE 12	So	CHICKEN AND NOODLE SOUP 1
	C	BEEF SHOP SUEY 6-10-12	E	"CARBONARA" PASTA 1-3-7
	D	SCRAMBLED MUSHROOM 3-12	F	POTATO STUFFED WITH TUNA 1-3-4-12
	V	PUMPKIN AND CABBAGE CAKE 1-3-7	V	STUFFED PASTRY 1-3-7-12
	OP	ROMAN STYLE SQUID	OP	ROMAN STYLE SQUID
<b>FOOD ALLERGENS</b> <b>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</b>				