OSVENTOS

WEEK FROM OCTOBER 26TH TO NOVEMBER 01ST

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´S STYLE		E	AMERICAN HAMBURGER	
	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	SALAD	3-4-12
	B	POTAJE "ASTURIANO" STYLE	12	SO	MUSHROOM CREAM	12
	C	RIOJANA STYLE PORK CHOPS		E	GRILLED CHICKEN	
	D	OMELETTE WITH TUNA AND VEGETABLES	3-4-12	F	PASTA IN SAILOR STYLE	1-4-12
	V	EGG IN THE SPINACH NEST	3-6-7	V	VEGETABLE QUICHE	1-3-7
	OP	GRILLED TUNA		OP	GRILLED TUNA	
WEDNESDAY	A	RUSSIAN SALAD	3-4-7-12	S	SALAD	3-4-12
	B	SWEET POTATOE CREAM		So	ZUCCHINI CREAM	
	C	TYPICAL "SAN JACOBOS"	1-3-7-12	E	SPANISH OMELETTE	3
	D	SAILOR PAELLA	2-4-12-13	F	BAKED CHICKEN LEG	
	V	VEGETABLES WITH HONEY SAUCE		V	VEGETABLE CAKE	1-3-7
	OP	GRILLED TUNA		OP	GRILLED TUNA	
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 MANCHEGO CHEESE	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