

## WEEK FROM SEPTEMBER 21TH TO SEPTEMBER 21ST



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

## 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