

WEEK FROM JULY 14TH TO JULY 20TH					
WEEK 3		LUNCH		DINNER	
MONDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	BEANS SOUP (2-4-13)	So	VEGETABLES SOUP	
	C	GRILLED CHICKEN BREAST	E	PASTA CARBONARA (1-3-7)	
	D	GALLEGA STYLE FISH (4-12)	F	FISH ESCALOPE (1-3-4)	
	V	SPANISH OMELETTE (3)	V	STUFFED TOMATOES (3-7)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
		OP: OTHER OPTION SECOND DISH			
TUESDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	VEGETABLES CREAM	So	VEGETABLES CREAM	
	C	GRILLED VEAL	E	CHICKEN AND PEPPERS WOK (6-10-12)	
	D	NOODLES IN TUNA SAUCE (1-3-4-12)	F	SAILOR PAELLA (2-4-12-13)	
	V	VEGETABLES CAKE (1-3-7)	V	VEGETABLE QUICHE (1-3-7-12)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
WEDNESDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	GREEN PEAS AND BACON WOK (3-6-12)	So	CHEFF'S SOUP (3-6-12)	
	C	CAZADORA STYLE CHICKEN (6-10-12)	E	JUICY RICE WITH MEAT (12)	
	D	POLLOCK FISH IN GREEN MOJO SAUCE (4)	F	HAKE IN PORTUGUESE STYLE (4-12)	
	V	STEAMED VEGETABLES WITH HONEY (7)	V	STUFFED PUMPKIN (7-12)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
THURSDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	CANARIAN SAILOR SOUP (2-4-13)	So	FISH SOUP (4)	
	C	GRILLED PORK STEAK	E	BOLOGNESE STYLE PASTA (1-7-12)	
	D	GALICIAN PIE (1-3-4-7-12)	F	WRECKFISH WITH CORIANDER (4-12)	
	V	VEGETABLES AND TOMATO PIZZA (1-3-7-12)	V	CAMPESINA STYLE OMELETTE	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
FRIDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	RIOJANA STYLE LENTILS (12)	So	SWEET POTATOE & MUSHROOM CREAM(12)	
	C	CHICKEN ESCALOPE (1-3)	E	CHICKEN WITH "SALMOREJO" SAUCE	
	D	BILBAINA STYLE HAKE (4-12)	F	CANARIAN STYLE COD (4-12)	
	V	GRATINATED SPAGHETTI (1-7-12)	V	VEGETABLE PIE (1-3-7-12)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
SATURDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	LEEK CREAM	So	HOT VICHYSOISE (7)	
	C	HAM AND VEGETABLES CAKE (1-3-7-12)	E	BEEF ESCALOPE (1-3)	
	D	BREADED WRECKFISH WITH PEPPER (1-3-4)	F	SAILOR PIE (1-3-4-7)	
	V	SPINACH AND PINE NONE CROQUETTES WITH FRIED POTAT	V	SCRAMBLED MUSHROOMS (3-12)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	
SUNDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)	
	B	JEREZ SOUP (1-3-12)	So	NOODLE AND BEEF SOUP (1)	
	C	HOMEMADE "SAN JACOBOS" (1-3-7)	E	HOMEMADE CHICKEN STEW (12)	
	D	SKEWER FISH (4)	F	FISH CAKE (1-3-4-7)	
	V	STUFFED PEPPERS (7-12)	V	VEGETABLE RICE (12)	
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)	

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