


## WEEK FROM JULY 22TH TO 28YH JULY

aramark 

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	SPECIAL LOIN DISH (3-7-12)	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	BREADED BROCCOLI, EGGS AND CHIPS (1-3)	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