

WEEK FROM SEPTEMBER 23RD TO SEPTEMBER 29TH



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	COMBINED LOIN AND FRIED EGG (3-7-12)	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			
		BUFFET	BUFFET
FRIDAY	A	SALAD	S SALAD
	B	WHITE BEAN SOUP (12)	So VEGETABLE SOUP
	C	CUBA RICE (3-12)	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 SALMON BERNESA 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