OSVENTOS

WEEK FROM NOVEMBER 16TH TO NOVEMBER 22TH

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