



# MENÚ

## BASAL MENU

### OCTOBER

| Lunes | Martes          | 1 | Miércoles               | 2 | Jueves                                   | 3 | Viernes              | 4 |
|-------|-----------------|---|-------------------------|---|--|---|----------------------|---|
|       | VEGETABLES SOUP |   | FISH SOUP WITH RICE (4) |   | CARROT SOUP                              |   | CHARD SOUP           |   |
|       | MEAT "PAELLA"   |   | GARLIC CHICKEN          |   | HAMBURGUER WITH TOMATOE SAUCE (1,6,7,12) |   | SPANISH OMELETE (3)  |   |
|       | FRUIT           |   | SALAD                   |   | POTATOES                                 |   | SALAD                |   |
|       | WITHE BREAD (1) |   | BANANA                  |   | YOGUR (7)                                |   | FRUIT                |   |
|       | 807 Kcal        |   | WHOLEMEAL BREAD* (1)    |   | WITHE BREAD (1)                          |   | WHOLEMEAL BREAD* (1) |   |
|       | HC 64 L 29 P 10 |   | 588 Kcal                |   | 783 Kcal                                 |   | 603 Kcal             |   |
|       |                 |   | HC 75 L 22 P 55         |   | HC 120 L 20 P 21                         |   | HC 62 L 15 P 28      |   |

| Lunes                        | 7 | Martes              | 8 | Miércoles                 | 9 | Jueves                        | 10 | Viernes              | 11 |
|------------------------------|---|---------------------|---|---------------------------|---|-------------------------------|----|----------------------|----|
| DOMINGUERA SOUP (1)          |   | SPINACH SOUP        |   | LENTIL SOUP               |   | FISH SOUP (4)                 |    | PUMPKIN SOUP         |    |
| CHICKEN WITH "ADOBO CANARIO" |   | PASTA BOLOGNESE (1) |   | FISH WITH "MOJO ROJO" (4) |   | CHICKEN WITH "CAZADORA" SAUCE |    | "ROPA VIEJA"         |    |
| SALAD                        |   | FRUIT               |   | POTATOES                  |   | SALAD                         |    | FRUIT                |    |
| FRUIT                        |   | WITHE BREAD (1)     |   | BANANA                    |   | YOGUR (7)                     |    | WHOLEMEAL BREAD* (1) |    |
| WHOLEMEAL BREAD* (1)         |   | 807 Kcal            |   | WHOLEMEAL BREAD* (1)      |   | WITHE BREAD (1)               |    | 603 Kcal             |    |
| 538 Kcal                     |   | HC 64 L 29 P 10     |   | 588 Kcal                  |   | 783 Kcal                      |    | 603 Kcal             |    |
| HC 60 L 13 P 42              |   |                     |   | HC 75 L 22 P 55           |   | HC 120 L 20 P 21              |    | HC 62 L 15 P 28      |    |

| Lunes                 | 14 | Martes                       | 15 | Miércoles                     | 16 | Jueves                         | 17 | Viernes                                | 18 |
|-----------------------|----|------------------------------|----|-------------------------------|----|--------------------------------|----|--|----|
| "RANCHO CANARIO" (1)  |    | CARROT SOUP                  |    | CHICKEN SOUP WITH NOODELS (1) |    | VEGETABLES SOUP                |    | CREMA DE CALABACIN                     |    |
| FISH WITH GREEN SAUCE |    | CHICKEN WITH "RIOJANA" SAUCE |    | SPANISH OMELETE (3)           |    | PORK LOIN WITH "MOJO CILANTRO" |    | PASTA WITH TOMATO SAUCE AND TUNA (1,4) |    |
| SAUTÉ VEGETABLES      |    | RICE                         |    | SALAD                         |    | POTATOES                       |    | FRUIT                                  |    |
| FRUIT                 |    | FRUIT                        |    | BANANA                        |    | YOGUR (7)                      |    | WHOLEMEAL BREAD* (1)                   |    |
| WHOLEMEAL BREAD* (1)  |    | WITHE BREAD (1)              |    | WHOLEMEAL BREAD* (1)          |    | WITHE BREAD (1)                |    | 721 Kcal                               |    |
| 665 Kcal              |    | 715 Kcal                     |    | 721 Kcal                      |    | 658 Kcal                       |    | 721 Kcal                               |    |
| HC 59 L 25 P 50       |    | HC 95 L 13 P 18              |    | HC 57 L 27 P 17               |    | HC 53 L 18 P 43                |    | HC 57 L 27 P 17                        |    |

| Lunes                          | 21 | Martes                           | 22 | Miércoles             | 23 | Jueves                     | 24 | Viernes              | 25 |
|--------------------------------|----|----------------------------------|----|-----------------------|----|----------------------------|----|----------------------|----|
| VEGETABLES SOUP                |    | CHICKEN SOUP WITH PEPPERMINT (1) |    | LENTIL SOUP           |    | PUMPKIN SOUP               |    | DOMINGUERA SOUP (1)  |    |
| FRICADELLE WITH SAUCE (1,7,12) |    | TURKEY STEW                      |    | TUNA WITH "ADOBO" (4) |    | "MEDITERRANEAN PAELLA" (4) |    | ROAST CHICKEN        |    |
| RICE                           |    | SAUTÉ VEGETABLES                 |    | POTATOES              |    | YOGUR (7)                  |    | SALAD                |    |
| FRUIT                          |    | FRUIT                            |    | BANANA                |    | WITHE BREAD (1)            |    | FRUIT                |    |
| WHOLEMEAL BREAD* (1)           |    | WITHE BREAD (1)                  |    | WHOLEMEAL BREAD* (1)  |    | WITHE BREAD (1)            |    | WHOLEMEAL BREAD* (1) |    |
| 666 Kcal                       |    | 939Kcal                          |    | 737 Kcal              |    | 819 Kcal                   |    | 630 Kcal             |    |
| HC 77 L 32 P 36                |    | 136CH 25L 26P                    |    | HC 69 L 33 P 55       |    | 115CH 27L 28P              |    | HC 66 L 20 P 10      |    |

| Lunes                    | 28 | Martes                    | 29 | Miércoles            | 30 | Jueves                  | 31 | Viernes |
|--------------------------|----|---------------------------|----|----------------------|----|-------------------------|----|---------|
| CHARD SOUP               |    | ZUCCHINI AND CARROT SOUP  |    | "RANCHO CANARIO" (1) |    | FISH SOUP WITH RICE (4) |    |         |
| TURKEY WITH TOMATO SAUCE |    | FISH WITH "MOJO ROJO" (4) |    | PORK LOIN            |    | SPANISH OMELETE (3)     |    |         |
| RICE                     |    | POTATOES                  |    | SALAD                |    | SAUTÉ CARROTS           |    |         |
| FRUIT                    |    | FRUIT                     |    | BANANA               |    | YOGUR (7)               |    |         |
| WHOLEMEAL BREAD* (1)     |    | WITHE BREAD (1)           |    | WHOLEMEAL BREAD* (1) |    | WITHE BREAD (1)         |    |         |
| 646 Kcal                 |    | 630 Kcal                  |    | 738 Kcal             |    | 615 Kcal                |    |         |
| HC 54 L 18 P 37          |    | HC 66 L 20 P 10           |    | 61CH 23L 36P         |    | HC 83 L 15 P 28         |    |         |

### \*\* INFORMATION REGARDING ALLERGENS ON THE BACKSIDE OF THE MENU

WHOLEMEAL BREAD 11%

The fresh fruit may vary depending on the ripeness of each type.

The fish used in these menus are the following: Coalfish, Hake, Tuna and Pollock .

In compliance with the Law 17/2011 on Food Safety and Nutrition and with the EU Regulation 1169/2011 on food information provided to the consumer, the educational center has access to the full description of ingredients used and allergens that may be included in each menu item. Request more information in your Educational center if needed.

