



Dear families!

Here you have a new menu proposal, with lunch and dinner, for these days.

We have prepared a balanced diet for everyone.

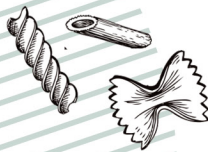
We know that we are in family, we have taken advantage point out those dishes that are fun to cook with our children...

We hope it helps you!

A greeting and bon appetite!

**Thank you,  
Nutrition and cooking team**





# LUNCH AND DINNER'S RECOMMENDATIONS

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

LUNCH

DINNER

LUNCH

DINNER

<p>1P GRILLED GREEN ASPARAGUS</p> <p>2P <b>RED LENTILS AND QUINOA SALAD</b></p> <p>PO YOGURT ( 7 )</p>	<p>1P <b>PASTA SALAD</b> (tomato, green olives, tuna, sweet corn and oregano) ( 1, 4 )</p> <p>2P CHEESE OMELETTE ( 3, 7 )</p> <p>GU ROASTED ONION</p> <p>PO FRESH FRUIT</p>	<p>1P SPINACH WITH POTATOES</p> <p>2P CHICKEN WITH SOY AND HONEY ( 1, 2, 3, 6 )</p> <p>GU <b>LETTUCE, CARROT AND SWEET CORN SALAD</b></p> <p>PO <b>FRUIT SALAD</b></p>	<p>1P <b>CANONS, AVOCADO, NUTS AND BLACK ARAGON OLIVES SALAD</b> (8)</p> <p>2P PAELLA</p> <p>PO FRESH FRUIT</p>	<p>1P VEGETABLES CREAM WITH DICE OF TOASTED BREAD ( 1, 9 )</p> <p>2P GRATINATED CODFISH WITH APPLE "ALL I OLI" ( 1, 4 )</p> <p>GU BAKERY POTATOES</p> <p>PO <b>STRAWBERRIES, YOGURT AND BLUEBERRIES SHAKE</b> ( 7 )</p>
<p>1P SAUTEED RICE</p> <p>2P "ROMANA'S" HAKE ( 1, 3, 4 )</p> <p>GU <b>CHERRY TOMATO AND CUCUMBER DICE SALAD WITH BASIL OIL</b></p> <p>PO FRESH FRUIT</p>	<p>1P <b>BEET HOMEMADE HUMMUS</b></p> <p>2P GRILLED BEEF BURGUER ( 6, 12 )</p> <p>GU <b>VEGETABLE DIPS</b></p> <p>PO YOGURT ( 7 )</p>	<p>1P CHICKEN SOUP WITH VEGETABLES AND NOODLES ( 1, 3, 9 )</p> <p>2P GRILLED SQUID WITH GARLIC AND PARSLEY (2, 4 )</p> <p>GU <b>LETTUCE, CARROT AND MANGO SALAD</b></p> <p>PO <b>FRUIT SKEWER</b></p>	<p>1P SAUTEED GREEN BEANS</p> <p>2P SCRAMBLED EGGS WITH "GULAS" ( 3, 4 )</p> <p>GU <b>SALAD WITH MUSTARD VINAIGRETTE</b> ( 10 )</p> <p>PO FRESH FRUIT</p>	<p>1P <b>ENDIVIA AND ANCHOVY SALAD</b> (4)</p> <p>2P <b>CHEESE AND SMOKED TURKEY PANNINI</b> ( 1, 7 )</p> <p>PO FRESH FRUIT</p>
<p>1P <b>"GAZPACHO"</b> (TOMATO CREAM) WITH CUCUMBER DICE</p> <p>2P CHEESE GRATINATED CANNELLONI ( 1, 7 )</p> <p>PO FRESH FRUIT</p>	<p>1P BROCCOLI WITH BOILED POTATOES</p> <p>2P BAKED MARINATED TURKEY ( 1, 6, 10 )</p> <p>GU <b>CANONS, SWEET CORN AND RADISH SALAD</b></p> <p>PO <b>FRUIT SALAD</b></p>	<p>1P <b>LETTUCE, TOMATO, CUCUMBER AND ONION SALAD</b></p> <p>2P CHICKPEAS STEW WITH CHARGES AND BOILED EGG (3)</p> <p>PO YOGURT ( 7 )</p>	<p>1P <b>POTATO SALAD</b> (black olives, sweet corn, tuna and parsley) ( 4 )</p> <p>2P BAKED PORK LOIN WITH SALVIA AND ORANGE</p> <p>GU BAKED ZUCCHINI</p> <p>PO FRESH FRUIT</p>	<p>1P RICE WITH VEGETABLES AND COCO HINDU CURRY</p> <p>2P <b>SALMON TATAKI</b> ( 4 )</p> <p>GU <b>RED CABBAGE, LETTUCE AND OLIVES SALAD</b></p> <p>PO <b>HOMEMADE ICE CREAM</b></p>
<p>1P BAKED VEGETABLES</p> <p>2P TUNA OMELETTE ( 3, 4 )</p> <p>GU <b>LETTUCE, STRAWBERRIES AND CHIA SEEDS SALAD</b> ( 8 )</p> <p>PO <b>HOMEMADE CUSTARD</b></p>	<p>1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms)</p> <p>2P <b>MEAT CROQUETTES</b> ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 )</p> <p>GU <b>SEASONED TOMATO</b></p> <p>PO FRESH FRUIT</p>	<p>1P VICHYSOISE (7)</p> <p>2P <b>STUFFED FOCACCIA WITH MOZZARELLA AND BASIL</b> ( 1, 6, 7, 8, 9, 11 )</p> <p>PO FRESH FRUIT</p>	<p>1P PASTA WITH CREAM OF MUSHROOMS (1,7)</p> <p>2P GRILLED CHICKEN WITH SOY SAUCE, HONEY AND SESAME (1,2,3 6, 11)</p> <p>GU RATATOUILLE (eggplant, zucchini, tomato, red and green pepper)</p> <p>PO <b>FRUIT SKEWER</b></p>	<p>1P SAUTEED PEAS WITH HAM</p> <p>2P TENDER GARLIC OMELETTE ( 3 )</p> <p>GU <b>LETTUCE AND CARROT SALAD</b></p> <p>PO YOGURT ( 7 )</p>

Validated menus by our SANED dietitians-nutritionists (CAT0000409)

### ALLERGENS:



# YOUR DAILY DIET

## HEALTHY BREAKFASTS

Milk and derivatives



Bread, cereals or derivatives



Fresh fruit and vegetables

## What do we eat... for the Weekend?

IF THEY HAVE EAT...

YOU CAN DINE...

	Cereals, starches or pulses	Raw vegetables or cooked vegetables	
	Vegetables	Cereals or starches	
	Meat	Fish or Eggs	
	Fish	Lean Meat or Eggs	
	Eggs	Fish or Meat	
	fruit	Lactic or Fruit	
	Lactic	fruit	

**\*\* We can prepare the dishes marked in yellow with the family !!!**

## RECOMMENDATIONS FROM MENUS

### Menu 1 CREAMY RICE WITH PUMPKIN



Ingredients for 4 people:

**240 gr. of rice**  
**20 gr. de margarine**  
**400 gr. pumpkin**  
**1 fresh leek**  
**Vegetables soup**  
**20 gr. grated cheese**  
**Salt and extra olive oil**

Elaboration:

We cut the leek and pumpkin into small cubes. Fry the leek with the margarine, When it begins to brown we add the pumpkin, we skip all these ingredients. Add the salt and olive oil.

We add the rice for 3-4 minutes, stirring well. Add slowly the hot vegetable soup, over medium heat until the rice is white and creamy.

When the rice is cooked, remove it from the heat and we add the grated cheese.

### Menu 2 SALMON WITH GARLIC, VINEGAR AND LEMON SAUCE



Ingredients for 4 people:

**480 gr. Salmon**  
**1 head of garlic**  
**2 lemons**  
**20 ml. white vinegar**  
**Salt, sweet paprika**  
**and extra olive oil**

Elaboration:

We cut the garlic into thin sheets, fry in the olive oil and when it starts to brown we add the sweet paprika, the vinegar and the lemon juice. We leave it on low heat.

Cut the other lemon into small pieces. We mark the grilled salmon.

We place the salmon on a baking tray and with the help of a spoon we put the garlic sauce on top along with the pieces of lemon.

We put it in the oven for a few minutes and it's ready to serve.

## ... AND IN THE EVENT OF ALLERGENS AND INTOLERANTS

Replace non-tolerant products for those allowed within it family of food.