



# MENÜ

## BASAL MENU ENGLISH

### JUNE

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
FISH SOUP WITH RICE (4)	SPINACH SOUP	DOMINGUERA SOUP (1)	LENTIL SOUP	PUMPKIN SOUP
CHICKEN WITH "ADOBO CANARIO"	MEAT "PAELLA"	CORDON BLEU (1, 3, 7)	FISH WITH "MOJO ROJO" (4)	HAMBURGUER WITH TOMATOE SAUCE (1,6,7,12)
WITH POTATOES		WITH SALAD	WITH POTATOES	RICE
FRUIT	YOGUR (7)	BANANA	FRUIT	ICE CREAM (7)
WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WITHE BREAD (1)
538 Kcal	807 Kcal	783 Kcal	588 Kcal	603 Kcal
HC 60 L 13 P 42	HC 64 L 29 P 10	HC 120 L 20 P 21	HC 75 L 22 P 55	HC 62 L 15 P 28

MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
VEGETABLES SOUP	"RANCHO CANARIO" (1)	FISH SOUP WITH RICE (4)	CARROT SOUP	ZUCCHINI SOUP
PORK LOIN WITH "MOJO CILANTRO"	FISH STIKS (1, 3, 4, 7)	CHICKEN WITH RIOJANA SAUCE (12)	SPANISH OMELETE (3)	PASTA WITH TOMATE AND SAUSAGE (1, 4)
WITH POTATOES	WITH SALAD	POTATOES	WITH SALAD	
FRUIT	YOGUR (7)	BANANA	FRUIT	ICE CREAM (7)
WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WITHE BREAD (1)
658 Kcal	665 Kcal	715 Kcal	721 Kcal	721 Kcal
HC 53 L 18 P 43	HC 59 L 25 P 50	HC 95 L 13 P 18	HC 57 L 27 P 17	HC 57 L 27 P 17

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
CHICKEN SOUP WITH NOODELS (1)	LENTIL SOUP	DOMINGUERA SOUP (1)	PUMPKIN SOUP	VEGETABLES SOUP
PORK LOIN WITH "ADOBO"	"CHIPIRONES A LA ANDALUZA" (1, 4, 14)	FRICADELLE WITH SAUCE (1, 6, 12)	LASAGNA BOLOGNESE (1, 3, 6, 7)	NUGGETS (1, 3, 7)
WITH POTATOES	WITH SALAD	RICE		WITH SALAD
FRUIT	YOGUR (7)	BANANA	FRUIT	ICE CREAM (7)
WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WHOLEMEAL BREAD (1)	WITHE BREAD (1)	WITHE 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

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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

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

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

The menus are elaborated by our team of experts in Human Nutrition and Dietetics.

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.

