OSVENTOS

WEEK FROM SEPTEMBER 28TH TO OCTOBER 04TH

WEEK 1		LUNCH			DINNER	
MONDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	TYPICAL CANARY MEAL "ROPA VIEJA"	**3-12**	So	CHICKEN AND PASTA SOUP	**1**
	C	"BONDIOLA" GALLEGA´S STYLE		E	AMERICAN HAMBURGER	
	D	GRILLED STOKER FISH	**4**	F	COD PORTUGUESE STYLE	
	V	VEGETABLE CAKE	**1-3-7**	V	BREADED BROCOLI	**1-3**
	OP	GRILLED TUNA		OP	GRILLED TUNA	
		OP: OTHER OPTION SECOND DISH				
TUESDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	POTAJE "ASTURIANO" STYLE	**12**	SO	MUSHROOM CREAM	**12**
	C	RIOJANA STYLE PORK CHOPS		E	GRILLED CHICKEN	
	D	OMELETTE WITH TUNA AND VEGETABLES	**3-4-12**	F	PASTA IN SAILOR STYLE	**1-4-12**
	V	EGG IN THE SPINACH NEST	**3-6-7**	V	VEGETABLE QUICHE	**1-3-7**
	OP	GRILLED TUNA		OP	GRILLED TUNA	
WEDNESDAY	A	RUSSIAN SALAD	**3-4-7-12**	S	SALAD	**3-4-12**
	B	SWEET POTATOE CREAM		So	ZUCCHINI CREAM	
	C	TYPICAL "SAN JACOBOS"	**1-3-7-12**	E	SPANISH OMELETTE	**3**
	D	SAILOR PAELLA	**2-4-12-13**	F	BAKED CHICKEN LEG	
	V	VEGETABLES WITH HONEY SAUCE		V	VEGETABLE CAKE	**1-3-7**
	OP	GRILLED TUNA		OP	GRILLED TUNA	
THURSDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	VEGETABLE SOUP		So	CARROT CREAM	
	C	BEEF SOUP	**12**	E	PORK SIRLOIN IN SAUCE	
	D	"CHERNE" FISH IN GREEN "MOJO" SAUCE	**4**	F	BREADED HAKE	**1-3-4**
	V	PASTA "PISTO" STYLE	**1-3-12**	V	"PISTO" WITH MANCHEGO CHEESE	**12**
	OP	GRILLED TUNA		OP	GRILLED TUNA	
FRIDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	CANARIAN "RANCHO"		So	VEGETABLE SOUP	
	C	GRILLED BEEF STEAK		E	CHICKEN BREAST	**7**
	D	BAKED COD WITH ONION	**4-12**	F	TUNA CAKE	**1-3-4-7**
	V	RICE "THREE DELIGHTS"	**3**	V	ZUCCHINI OMELETTE	**3**
	OP	GRILLED TUNA		OP	GRILLED TUNA	
SATURDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	LENTILS "MOROCCAN STYLE"		So	CHICKEN AND PASTA SOUP	**1**
	C	MEAT LASAGNA	**1-3-4-12**	E	RUSSIAN STEAK IN SAUCE	**1-3-10-12**
	D	COLOMBIAN POTATOE	**1-3-4**	F	BAKED STOKER FISH	**4**
	V	SCRAMBLED OF VEGETABLES	**3**	V	SAUTEED VEGETABLES WITH APPLE	
	OP	GRILLED TUNA		OP	GRILLED TUNA	
SUNDAY	A	SALAD	**3-4-12**	S	SALAD	**3-4-12**
	B	VEGETABLE SOUP		So	CHARD CREAM	
	C	BAKED CHICKEN WITH PEACH	**12**	E	VEAL "FLAMENQUINES"	**1-3-7**
	D	GRATEN COD WITH TOMATO	**4-7-12**	F	LASAGNA "SAILOR" STYLE	**1-3-4-7-12**
	V	CATALONIAN STYLE SPINACH	**3-7-8-10**	V	PUMPKIN STUFFED WITH VEGETABLES	**7**
	OP	GRILLED TUNA		OP	GRILLED TUNA	

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