OSVENTOS

WEEK FROM NOVEMBER 09TH TO NOVEMBER 15TH

WEEK 3		LUNCH		DINNER
MONDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	BEANS SOUP (2-4-13)	So	VEGETABLES SOUP
	C	GRILLED CHICKEN BREAST	E	PASTA CARBONARA (1-3-7)
	D	GALLEGA STYLE FISH (4-12)	F	FISH ESCALOPE (1-3-4)
	V	SPANISH OMELETTE (3)	V	STUFFED TOMATOES (3-7)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
		OP: OTHER OPTION SECOND DISH		
TUESDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	VEGETABLES CREAM	So	VEGETABLES CREAM
	C	GRILLED VEAL	E	CHICKEN AND PEPPERS WOK (6-10-12)
	D	NOODLES IN TUNA SAUCE (1-3-4-12)	F	SAILOR PAELLA (2-4-12-13)
	V	VEGETABLES CAKE (1-3-7)	V	VEGETABLE QUICHE (1-3-7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
WEDNESDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	GREEN PEAS AND BACON WOK (3-6-12)	So	CHEFF'S SOUP (3-6-12)
	C	CAZADORA STYLE CHICKEN (6-10-12)	E	JUICY RICE WITH MEAT (12)
	D	POLLOCK FISH IN GREEN MOJO SAUCE (4)	F	HAKE IN PORTUGUESE STYLE (4-12)
	V	STEAMED VEGETABLES WITH HONEY (7)	V	STUFFED PUMPKIN (7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
THURSDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	CANARIAN SAILOR SOUP (2-4-13)	So	FISH SOUP (4)
	C	GRILLED PORK STEAK	E	BOLOGNESE STYLE PASTA (1-7-12)
	D	GALICIAN PIE (1-3-4-7-12)	F	WRECKFISH WITH CORIANDER (4-12)
	V	VEGETABLES AND TOMATO PIZZA (1-3-7-12)	V	CAMPESINA STYLE OMELETTE
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
FRIDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	RIOJANA STYLE LENTILS (12)	So	SWEET POTATOE & MUSHROOM CREAM(12)
	C	CHICKEN ESCALOPE (1-3)	E	CHICKEN WITH "SALMOREJO" SAUCE
	D	BILBAINA STYLE HAKE (4-12)	F	CANARIAN STYLE COD (4-12)
	V	GRATINATED SPAGHETTI (1-7-12)	V	VEGETABLE PIE (1-3-7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
SATURDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	LEEKS CREAM	So	HOT VICHYSSOISE (7)
	C	HAM AND VEGETABLES CAKE (1-3-7-12)	E	BEEF ESCALOPE (1-3)
	D	BREADED WRECKFISH WITH PEPPER (1-3-4)	F	SAILOR PIE (1-3-4-7)
	V	SPINACH AND PINE NONE CROQUETTES WITH FRIED POTAT	V	SCRAMBLED MUSHROOMS (3-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
SUNDAY	A	SALAD (3-4-12)	S	SALAD (3-4-12)
	B	JEREZ SOUP (1-3-12)	So	NOODLE AND BEEF SOUP (1)
	C	HOMEMADE "SAN JACOBOS" (1-3-7)	E	HOMEMADE CHICKEN STEW (12)
	D	SKEWER FISH (4)	F	FISH CAKE (1-3-4-7)
	V	STUFFED PEPPERS (7-12)	V	VEGETABLE RICE (12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)

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