

WEEK FROM FEBRUARY 6TH TO FEBRUARY 12ND



| WEEK 3    |    | LUNCH                                  |    | DINNER                              |
|-----------|----|--|----|-------------------------------------|
| MONDAY    | A  | SALAD (3-4-12)                         | S  | SALAD                               |
|           | 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             |
|           |    | OP: OTHER OPTION SECOND DISH           |    |                                     |
| TUESDAY   | A  | SALAD                                  | S  | SALAD                               |
|           | B  | VEGETABLES CREAM                       | So | VEGETABLES CREAM                    |
|           | C  | SPECIAL LOIN DISH (3-7-12)             | 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                | OP | PORK AND VEGETABLES WOK             |
| WEDNESDAY | A  | SALAD                                  | S  | SALAD                               |
|           | B  | GREEN PEAS AND BACON WOK (3-6-12)      | So | CHEFF'S SOUP (3-6-12)               |
|           | C  | CAZADORA STYLE CHICKEN (6-10-12)       | E  | RICE IN BROTH 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                | OP | PORK AND VEGETABLES WOK             |
| THURSDAY  | A  | SALAD                                  | S  | SALAD                               |
|           | 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                | OP | PORK AND VEGETABLES WOK             |
| FRIDAY    | A  | SALAD                                  | S  | SALAD                               |
|           | B  | RIOJANA STYLE LENTILS (12)             | So | SWEET POTATOE & MUSHROOM CREAM (12) |
|           | C  | CHICKEN ESCALOPE (1-3)                 | E  | CHICKEN WITH "SALMOREJO"            |
|           | 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                | OP | PORK AND VEGETABLES WOK             |
| SATURDAY  | A  | SALAD                                  | S  | SALAD                               |
|           | B  | LEEK CREAM                             | So | HOT VICHYSOISE (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  | BREADED BROCCOLI, EGGS AND CHIPS (1-3) | V  | SCRAMBLED MUSHROOMS (3-12)          |
|           | OP | PORK AND VEGETABLES WOK                | OP | PORK AND VEGETABLES WOK             |
| SUNDAY    | A  | SALAD                                  | S  | SALAD                               |
|           | 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                | OP | PORK AND VEGETABLES WOK             |

**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