

## WEEK FROM FEBRUARY 6TH TO FEBRUARY 12ND

aramark 

WEEK 3		LUNCH		DINNER
MONDAY	A	SALAD (3-4-12)	S	SALAD
	B	BEANS SOUP (2-4-13)	So	VEGETABLES SOUP
	C	GRILLED CHICKEN	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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
		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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
FRIDAY	A	SALAD	S	SALAD
	B	RIOJANA STYLE LENTILS (12)	So	SWEET POTATOE & MUSHROOM CREAM (12)
	C	CHICKEN ESCALOPE (1-3)	E	RICE "LA CUBANA" STYLE
	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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
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 PUMPKIN, EGGS AND CHIPS (1-3)	V	SCRAMBLED MUSHROOMS (3-12)
	OP	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL AND VEGETABLES WOK (6-10-12)
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	VEAL AND VEGETABLES WOK (6-10-12)	OP	VEAL 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