

WEEK 4		LUNCH	DINNER	
MONDAY	A	SALAD (3-4-12)	S	SALAD
	B	VEGETABLE SOUP (1)	So	PALMENTIER CREAM (7-12)
	C	SAUTÉED RICE WITH MEAT (12)	E	BREADED CHICKEN RABS (1-3)
	D	BREADED HAKE FILLET (1-6-12)	F	CHERNE FISH SAUTTED WITH LEMON (4)
	V	VEGETABLE PIZZA (1-7-12)	V	PASTA WITH VEGETABLE SAUCE "PISTO" (1-3-7-12)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
		OP: OTHER OPTION SECOND DISH		
TUESDAY	A	SALAD	S	SALAD
	B	"RIOJANA" SOUP (3-12)	So	CABBAGE AND VEGETABLE STEW
	C	CHICKEN THIGH IN ORANGE	E	PORK IN CHINESE SAUCE (1-6-10-12)
	D	SAUTEED PASTA WITH TUNA (1-3-4-7)	F	GRILLED FISH (CHERNE) (4)
	V	PUMPKIN AND PEPPER SKEWERS	V	STUFFED PEPPERS (6-7)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
WEDNESDAY	A	SALAD	S	SALAD
	B	LENTILS "CANARIAN" STYLE (12)	So	LEGUME AND CHEESE CREAM (7-12)
	C	COMBINED LOIN AND FRIED EGG (3-7-12)	E	BEEF AND VEGETABLE WOK (6-10-12)
	D	FOGONERO FISH "MARMITAKO" (STEW) (4-12)	F	"EMPANADA GALLEGA" (1-3-4-7-12)
	V	MUSHROOMS AND CHIPS SCRAMBLED (3-12)	V	SAUTEED VEGETABLES WITH GARLIC
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
THURSDAY	A	SALAD	S	SALAD
	B	PUMPKIN CREAM "CANARIAN" STYLE	So	CARROT AND SWEET POTATO CREAM
	C	AMERICAN HAMBURGER WITH CHIPS (1-3-7-10-12)	E	VEAL "FLAMENQUINES" (1-3-7)
	D	COD PORTUGUESE STYLE (4-12)	F	SAILOR PAELLA (2-4-12-13)
	V	CURRY RICE WITH APPLE (7)	V	ZUCCHINI CAKE (1-3-7-12)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
FRIDAY	A	SALAD	S	SALAD
	B	WHITE BEAN STEW (12)	So	POTAGE CANARY STYLE
	C	CUBA RICE (3-12)	E	CHICKEN SKEWER
	D	TUNA CAKE (1-3-4-7-12)	F	LITTLE SCALPES OF HAKE (1-3-4)
	V	NOODLES IN VEGETABLE SAUCE (1-6-7-12)	V	POTATO AND ZUCCHINI OMELETTE (3)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
SATURDAY	A	SALAD	S	SALAD
	B	TUMACA BREAD (1-12)	So	"APPETIZING" TOAST (1-3-7)
	C	CABBAGE AND CHICKEN FLAKED (1-3-7)	E	"CAPRICHOSA" PIZZA (1-3-7-12)
	D	BREADED AND FRIED FISH (1-3-4)	F	SALMON BERNESA STYLE (3-4-7)
	V	STUFFED ROASTED POTATO (7-12)	V	CHINESE WHITE RICE (6-12)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE
SUNDAY	A	SALAD	S	SALAD
	B	SOUP WITH RED WINE (12)	So	CHICKEN AND NOODLE SOUP (1)
	C	BEEF SHOP SUEY (6-10-12)	E	"CARBONARA" PASTA (1-3-7)
	D	SCRAMBLED MUSHROOM (3-12)	F	POTATO STUFFED WITH TUNA (1-3-4-12)
	V	PUMPKIN AND CABBAGE CAKE (1-3-7)	V	STUFFED PASTRY (1-3-7-12)
	OP	SQUID TO "LA ROMANA" STYLE	OP	SQUID TO "LA ROMANA" STYLE

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