WEEK 4	WEEK FROM APRIL 22ND TO APRIL 28TH aramark					
B   VEGETABLE SOUP   (1)   SO   PALMENTIER CREAM   (7-12)	WEEK 4		LUNCH		DINNER	
C   SAUTÉED RICE WITH MEAT   (1.2)   E   BREADED CHICKEN RABS   (1.3)	MONDAY	Α	SALAD	S	SALAD	
D   BREADED HAKE FILLET   (1-6-12)   F   SAUTTED SEA BASS WITH LEMON   (4)		В	VEGETABLE SOUP (1)	So	PALMENTIER CREAM (7-12)	
D BREADED HAKE FILLET		С	SAUTÉED RICE WITH MEAT (12)	E	BREADED CHICKEN RABS (1-3)	
OP   SQUID "LA ROMANA" STYLE   OP   SQUID "LA ROMANA" STYLE		D	BREADED HAKE FILLET (1-6-12)	F	SAUTTED SEA BASS WITH LEMON (4)	
A SALAD		٧	VEGETABLE PIZZA (1-7-12)	٧	PASTA WITH VEGETABLE SAUCE "PISTO" (1-3-7-12)	
TUESDAY  A SALAD B "RIOJANA" SOUP C CHICKEN THIGH WITH ORANGE SAUCE D SAUTEED PASTA WITH TUNA (1-3-4-7) F GRILLED SEA BASS (4) V PUMPKIN AND PEPPER SKEWERS V STUFFED PEPPERS (6-7)  OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD S SALAD B "CAMARIAN" STYLE LENTILS SO (12) SO LEGUME AND CHEESE CREAM (7-12) D STOKER FISH "MARMITAKO" STYLE (4-12) F GALICIAN PIE (1-3-4-7-12) D STOKER FISH "MARMITAKO" STYLE (4-12) F GALICIAN PIE (1-3-4-7-12) OP SQUID "LA ROMANA" STYLE  THURSDAY  A SALAD S SALAD S SALAD S SALAD S SALAD B "CAMARIAN" STYLE (4-12) F GALICIAN PIE (1-3-4-7-12) C COMBINED LOIN AND FRIED EGG (3-7-12) E BEFF AND VEGETABLE WOK (6-10-12) D STOKER FISH "MARMITAKO" STYLE (4-12) F GALICIAN PIE (1-3-4-7-12) C SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  THURSDAY  A SALAD S SALAD S SALAD S SALAD S SALAD C C MARRICAN HAMBURGER WITH CHIPS (1-3-7-10-12) E VEAL "ELAMENQUINES" (1-3-7) C CUBA RICE (1-3-7) D SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD S SALAD S SALAD S SALAD B WHITE BEAN SOUP (12) SO VEGETABLE SOUP C C UBA RICE (1-3-7) V NOODLES IN VEGETABLE SAUCE (1-6-7-12) V POTATO AND ZUCCHINI OMELETTE (3) OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  SATURDAY  A SALAD S SA		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
B			OP: OTHER OPTION SECOND DISH			
B						
TUESDAY   C	TUESDAY	Α	SALAD	S	SALAD	
D   SAUTEED PASTA WITH TUNA   (1-3-4-7)   F   GRILLED SEA BASS   (4)		В	"RIOJANA" SOUP (3-12)	So	CABBAGE AND VEGETABLE STEW	
D SAUTEED PASTA WITH TUNA (1-3-4-7) F GRILLED SEA BASS (4) V PUMPKIN AND PEPPER SKEWERS V STUFFED PEPPERS (6-7)  OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD B "CANARIAN" STYLE LENTILS (12) SO LEGUME AND CHEESE CREAM (7-12) C COMBINED LOIN AND FRIED EGG (3-7-12) E BEFE AND VEGETABLE WOK (6-10-12) D STOKER FISH "MARMITAKO" STYLE (4-12) F GALICIAN PIE (1-3-4-7-12) V SCRAMBLED MUSHROOMS AND CHIPS (3-12) V SAUTEED VEGETABLES WITH GARLIC OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE SO CARROT AND SWEET POTATO CREAM B PUMPKIN CREAM "CANARIAN" STYLE SO CARROT AND SWEET POTATO CREAM (2-4-12-13) C CO POSTUGUESE STYLE (4-12) F SALCOR PAELLA (2-4-12-13) D COOP POTTUGUESE STYLE (4-12) F SALCOR PAELLA (2-4-12-13) V CURRY RICE WITH APPLE (7) V ZUCCHINI CAKE (1-3-7-12) OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD B WHITE BEAN SOUP (12) SO VEGETABLE SOUP C CUBA RICE (3-12)E CHICKEN SKEWER D TUNA CAKE (1-3-4-7-12) F HAKE SCALLOPS (1-3-4) V NOODLES IN VEGETABLE SAUCE (1-6-7-12) V POTATO AND ZUCCHINI OMELETTE (3) OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  SATURDAY  A SALAD S SALAD		С	CHICKEN THIGH WITH ORANGE SAUCE	Е	PORK IN CHINESE SAUCE (1-6-10-12)	
A   SALAD		D	SAUTEED PASTA WITH TUNA (1-3-4-7)	F	GRILLED SEA BASS (4)	
A		V	PUMPKIN AND PEPPER SKEWERS	٧	STUFFED PEPPERS (6-7)	
WEDNESDAY   C   COMBINED LOIN AND FRIED EGG   (3-7-12)   E   BEEF AND VEGETABLE WOK   (6-10-12)		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
WEDNESDAY   C   COMBINED LOIN AND FRIED EGG   (3-7-12)   E   BEEF AND VEGETABLE WOK   (6-10-12)						
WEDNESDAY   C   COMBINED LOIN AND FRIED EGG   (37-12)   E   BEEF AND VEGETABLE WOK   (6-10-12)	WEDNESDAY	Α	SALAD	S	SALAD	
C   COMBINED LOIN AND FRIED EGG   (3-7-12)   E   BEEF AND VEGETABLE WOK   (6-10-12)		В	"CANARIAN" STYLE LENTILS (12)	So	LEGUME AND CHEESE CREAM (7-12)	
D   STOKER FISH "MARMITAKO" STYLE   (4-12)   F   GALICIAN PIE   (1-3-4-7-12)		С		E	, ,	
A   SALAD		D		F		
A   SALAD   S   SALAD   S   SALAD   S   SALAD   S   SALAD   S   SALAD   S   CARROT AND SWEET POTATO CREAM   C   AMERICAN HAMBURGER WITH CHIPS (1-3-7-10-12)   E   V   V   E   V   CURRY RICE WITH APPLE   (7)   V   ZUCCHINI CAKE   (1-3-7-12)   C   CUBA RICE WITH APPLE   (7)   V   ZUCCHINI CAKE   (1-3-7-12)   C   CUBA RICE   (3-12)   E   CHICKEN SKEWER   C   CUBA RICE   CHICKEN SKEWER   C   CUBA RICE   CHICKEN SKEWER   C   CHICKEN SKEWE		V	SCRAMBLED MUSHROOMS AND CHIPS (3-12)	٧	SAUTEED VEGETABLES WITH GARLIC	
B   PUMPKIN CREAM "CANARIAN" STYLE   So   CARROT AND SWEET POTATO CREAM		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
B   PUMPKIN CREAM "CANARIAN" STYLE   So   CARROT AND SWEET POTATO CREAM						
B   PUMPKIN CREAM "CANARIAN" STYLE   So   CARROT AND SWEET POTATO CREAM		Α	SALAD	S	SALAD	
D   COD PORTUGUESE STYLE   (4-12)   F   SAILOR PAELLA   (2-4-12-13)		В		So	CARROT AND SWEET POTATO CREAM	
D   COD PORTUGUESE STYLE   (4-12)   F   SAILOR PAELLA   (2-4-12-13)	THURSDAY	С	AMERICAN HAMBURGER WITH CHIPS (1-3-7-10-12)	E	VEAL "FLAMENQUINES" (1-3-7)	
A   SALAD   S		D	COD PORTUGUESE STYLE (4-12)	F	SAILOR PAELLA (2-4-12-13)	
A   SALAD   S   SALAD		V	CURRY RICE WITH APPLE (7)	٧	ZUCCHINI CAKE (1-3-7-12)	
B   WHITE BEAN SOUP   (12)   SO   VEGETABLE SOUP		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
B   WHITE BEAN SOUP   (12)   SO   VEGETABLE SOUP						
C   CUBA RICE   (3-12)   E   CHICKEN SKEWER	FRIDAY	Α	SALAD	S	SALAD	
D   TUNA CAKE   (1-3-4-7-12)   F   HAKE SCALLOPS   (1-3-4)		В	WHITE BEAN SOUP (12)	So	VEGETABLE SOUP	
D   TUNA CAKE   (1-3-4-7-12)   F   HAKE SCALLOPS   (1-3-4)		С	CUBA RICE (3-12)	E	CHICKEN SKEWER	
A   SALAD   S		D	TUNA CAKE (1-3-4-7-12)	F	HAKE SCALLOPS (1-3-4)	
A   SALAD   S   SALAD		٧	NOODLES IN VEGETABLE SAUCE (1-6-7-12)	٧	POTATO AND ZUCCHINI OMELETTE (3)	
SATURDAY   B		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
SATURDAY   B						
SATURDAY  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 BEARNESA STYLE (3-4-7)  V STUFFED ROASTED POTATO (7-12) V CHINESE WHITE RICE (6-12)  OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD  B SOUP WITH RED WINE (12) SO CHICKEN AND NOODLE SOUP (1)  C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7)  D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12)  V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)	SATURDAY	Α	SALAD	S	SALAD	
D BREADED AND FRIED FISH (1-3-4) F SALMON BEARNESA STYLE (3-4-7) V STUFFED ROASTED POTATO (7-12) V CHINESE WHITE RICE (6-12)  OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD B SOUP WITH RED WINE (12) SO CHICKEN AND NOODLE SOUP (1) C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7) D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12) V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)		В	TUMACA BREAD (1-12)	So	"APPETIZING" TOAST (1-3-7)	
D BREADED AND FRIED FISH (1-3-4) F SALMON BEARNESA STYLE (3-4-7) V STUFFED ROASTED POTATO (7-12) V CHINESE WHITE RICE (6-12)  OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE  A SALAD S SALAD B SOUP WITH RED WINE (12) SO CHICKEN AND NOODLE SOUP (1) C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7) D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12) V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)		С	CABBAGE AND CHICKEN FLAKED (1-3-7)	E	"CAPRICHOSA" PIZZA (1-3-7-12)	
OP SQUID "LA ROMANA" STYLE  A SALAD  B SOUP WITH RED WINE  C BEEF CHOP SUEY  D SCRAMBLED MUSHROOMS  V PUMPKIN AND CABBAGE CAKE  OP SQUID "LA ROMANA" STYLE  S SALAD  C CHICKEN AND NOODLE SOUP  (1)  (1)  (1)  (1)  (1)  (1)  (1)  (1		D	BREADED AND FRIED FISH (1-3-4)	F	SALMON BEARNESA STYLE (3-4-7)	
A   SALAD   S		٧	STUFFED ROASTED POTATO (7-12)	٧	CHINESE WHITE RICE (6-12)	
SUNDAY  B SOUP WITH RED WINE (12) So CHICKEN AND NOODLE SOUP (1)  C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7)  D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12)  V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "LA ROMANA" STYLE	
SUNDAY  B SOUP WITH RED WINE (12) So CHICKEN AND NOODLE SOUP (1)  C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7)  D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12)  V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)						
SUNDAY  C BEEF CHOP SUEY (6-10-12) E "CARBONARA" PASTA (1-3-7)  D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12)  V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)	SUNDAY	Α	SALAD	S	SALAD	
D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12) V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)		В	SOUP WITH RED WINE (12)	So	CHICKEN AND NOODLE SOUP (1)	
D SCRAMBLED MUSHROOMS (3-12) F STUFFED POTATO WITH TUNA (1-3-4-12)  V PUMPKIN AND CABBAGE CAKE (1-3-7) V STUFFED PIE (1-3-7-12)		С	BEEF CHOP SUEY (6-10-12)	E	"CARBONARA" PASTA (1-3-7)	
	3011071	D	SCRAMBLED MUSHROOMS (3-12)	F	STUFFED POTATO WITH TUNA (1-3-4-12)	
OP SQUID "LA ROMANA" STYLE OP SQUID "LA ROMANA" STYLE		V		٧		
		OP	SQUID "LA ROMANA" STYLE	OP	SQUID "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