

WEEK FROM JANUARY 12TH TO JANUARY 18TH

WEEK 1		LUNCH		DINNER	
MONDAY	A	SALAD	3-4-12	S	SALAD
	B	TYPICAL CANARY MEAL "ROPA VIEJA"	3-12	So	CHICKEN AND PASTA SOUP
	C	"BONDIOLA" GALLEGAS STYLE		E	AMERICAN HAMBURGER
	D	GRILLED STOKER FISH	4	F	COD PORTUGUESE STYLE
	V	vegetable stir fry	1-3-7	V	leek au gratin
	OP	GRILLED TUNA		OP	GRILLED TUNA
		OP: OTHER OPTION SECOND DISH			
TUESDAY	A	SALAD	3-4-12	S	SALAD
	B	POTAJE "ASTURIANO" STYLE	12	SO	MUSHROOM CREAM
	C	RIOJANA STYLE PORK CHOPS		E	GRILLED CHICKEN
	D	OMELETTE WITH TUNA AND VEGETABLES	3-4-12	F	PASTA IN SAILOR STYLE
	V	EGG IN THE SPINACH NEST	3-6-7	V	VEGETABLE QUICHE
	OP	GRILLED TUNA		OP	GRILLED TUNA
WEDNESDAY	A	RUSSIAN SALAD	3-4-7-12	S	SALAD
	B	SWEET POTATOE CREAM		So	ZUCCHINI CREAM
	C	TYPICAL "SAN JACOBOS"	1-3-7-12	E	SPANISH OMELETTE
	D	SAILOR PAELLA	2-4-12-13	F	BAKED CHICKEN LEG
	V	VEGETABLES WITH HONEY SAUCE		V	VEGETABLE CAKE
	OP	GRILLED TUNA		OP	GRILLED TUNA
THURSDAY	A	SALAD	3-4-12	S	SALAD
	B	VEGETABLE SOUP		So	CARROT CREAM
	C	BEEF SOUP	12	E	PORK SIRLOIN IN SAUCE
	D	"CHERNE" FISH IN GREEN "MOJO" SAUCE	4	F	BREADED HAKE
	V	PASTA "PISTO" STYLE	1-3-12	V	"PISTO" WITH MANCHEGO CHEESE
	OP	GRILLED TUNA		OP	GRILLED TUNA
FRIDAY	A	SALAD	3-4-12	S	SALAD
	B	CANARIAN "RANCHO"		So	VEGETABLE SOUP
	C	GRILLED BEEF STEAK		E	CHICKEN BREAST
	D	BAKED COD WITH ONION	4-12	F	TUNA CAKE
	V	RICE "THREE DELIGHTS"	3	V	ZUCCHINI OMELETTE
	OP	GRILLED TUNA		OP	GRILLED TUNA
SATURDAY	A	SALAD	3-4-12	S	SALAD
	B	LENTILS "MOROCCAN STYLE"		So	CHICKEN AND PASTA SOUP
	C	MEAT LASAGNA	1-3-4-12	E	RUSSIAN STEAK IN SAUCE
	D	COLOMBIAN POTATOE	1-3-4	F	BAKED STOKER FISH
	V	SCRAMBLED OF VEGETABLES	3	V	SAUTEED VEGETABLES WITH APPLE
	OP	GRILLED TUNA		OP	GRILLED TUNA
SUNDAY	A	SALAD	3-4-12	S	SALAD
	B	VEGETABLE SOUP		So	CHARD CREAM
	C	BAKED CHICKEN WITH PEACH	12	E	VEAL "FLAMENQUINES"
	D	GRATEN COD WITH TOMATO	4-7-12	F	LASAGNA "SAILOR" STYLE
	V	CATALONIAN STYLE SPINACH	3-7-8-10	V	PUMPKIN STUFFED WITH VEGETABLES
	OP	GRILLED TUNA		OP	GRILLED TUNA
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					