

WEEK FROM JANUARY 12TH TO JANUARY 18TH						aramark
WEEK 1		LUNCH		DINNER		
MONDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	B	TYPICAL CANARY MEAL "ROPA VIEJA" 3-12	So	CHICKEN AND PASTA SOUP 1		
	C	"BONDIOLA" GALLEGA'S STYLE	E	AMERICAN HAMBURGER		
	D	GRILLED STOKER FISH 4	F	COD PORTUGUESE STYLE		
	V	vegetable stir fry 1-3-7	V	leek au gratin 1-3		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
		OP: OTHER OPTION SECOND DISH				
TUESDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	B	POTAJE "ASTURIANO" STYLE 12	SO	MUSHROOM CREAM 12		
	C	RIOJANA STYLE PORK CHOPS	E	GRILLED CHICKEN		
	D	OMELETTE WITH TUNA AND VEGETABLES 3-4-12	F	PASTA IN SAILOR STYLE 1-4-12		
	V	EGG IN THE SPINACH NEST 3-6-7	V	VEGETABLE QUICHE 1-3-7		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
WEDNESDAY	A	RUSSIAN SALAD 3-4-7-12	S	SALAD 3-4-12		
	B	SWEET POTATOE CREAM	So	ZUCCHINI CREAM		
	C	TYPICAL "SAN JACOBOS" 1-3-7-12	E	SPANISH OMELETTE 3		
	D	SAILOR PAELLA 2-4-12-13	F	BAKED CHICKEN LEG		
	V	VEGETABLES WITH HONEY SAUCE	V	VEGETABLE CAKE 1-3-7		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
THURSDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	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 1-3-4		
	V	PASTA "PISTO" STYLE 1-3-12	V	"PISTO" WITH MANCHEGO CHEESE 12		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
FRIDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	B	CANARIAN "RANCHO"	So	VEGETABLE SOUP		
	C	GRILLED BEEF STEAK	E	CHICKEN BREAST 7		
	D	BAKED COD WITH ONION 4-12	F	TUNA CAKE 1-3-4-7		
	V	RICE "THREE DELIGHTS" 3	V	ZUCCHINI OMELETTE 3		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
SATURDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	B	LENTILS "MOROCCAN STYLE"	So	CHICKEN AND PASTA SOUP 1		
	C	MEAT LASAGNA 1-3-4-12	E	RUSSIAN STEAK IN SAUCE 1-3-10-12		
	D	COLOMBIAN POTATOE 1-3-4	F	BAKED STOKER FISH 4		
	V	SCRAMBLED OF VEGETABLES 3	V	SAUTEED VEGETABLES WITH APPLE		
	OP	GRILLED TUNA	OP	GRILLED TUNA		
SUNDAY	A	SALAD 3-4-12	S	SALAD 3-4-12		
	B	VEGETABLE SOUP	So	CHARD CREAM		
	C	BAKED CHICKEN WITH PEACH 12	E	VEAL "FLAMENQUINES" 1-3-7		
	D	GRATEN COD WITH TOMATO 4-7-12	F	LASAGNA "SAILOR" STYLE 1-3-4-7-12		
	V	CATALONIAN STYLE SPINACH 3-7-8-10	V	PUMPKIN STUFFED WITH VEGETABLES 7		
	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						