

| WEEK 1    |    | LUNCH  |    | DINNER                                   |
|-----------|----|--|----|--|
| MONDAY    | A  |  | S  |  |
|           | B  |  | So |  |
|           | C  | BUFFET                                       | E  | BUFFET                                   |
|           | D  |  | F  |  |
|           | V  |  | V  |  |
|           | OP |  | OP |  |
|           |    |  |    |  |
| TUESDAY   | A  |  | S  |  |
|           | B  |  | So |  |
|           | C  | BUFFET                                       | E  | BUFFET                                   |
|           | D  |  | F  |  |
|           | V  |  | V  |  |
|           | OP |  | OP |  |
|           |    |  |    |  |
| WEDNESDAY | A  | RUSSIAN SALAD <b>3-4-7-12</b>                | S  | SALAD <b>3-4-12</b>                      |
|           | B  | SWEET POTATOE CREAM                          | So | ZUCCHINI CREAM                           |
|           | C  | TYPICAL "SAN JACOBOS" <b>1-3-7-12</b>        | E  | SPANISH OMELETTE <b>3</b>                |
|           | D  | SAILOR PAELLA <b>2-4-12-13</b>               | F  | BAKED CHICKEN LEG                        |
|           | V  | VEGETABLES WITH HONEY SAUCE                  | V  | VEGETABLE CAKE <b>1-3-7</b>              |
|           | OP | GRILLED TUNA                                 | OP | GRILLED TUNA                             |
|           |    |  |    |  |
| THURSDAY  | A  | SALAD <b>3-4-12</b>                          | S  | SALAD <b>3-4-12</b>                      |
|           | B  | VEGETABLE SOUP                               | So | CARROT CREAM                             |
|           | C  | BEEF SOUP <b>12</b>                          | E  | PORK SIRLOIN IN SAUCE                    |
|           | D  | "CHERNE" FISH IN GREEN "MOJO" SAUCE <b>4</b> | F  | BREADED HAKE <b>1-3-4</b>                |
|           | V  | PASTA "PISTO" STYLE <b>1-3-12</b>            | V  | "PISTO" WITH MANCHEGO CHEESE <b>12</b>   |
|           | OP | GRILLED TUNA                                 | OP | GRILLED TUNA                             |
|           |    |  |    |  |
| FRIDAY    | A  | SALAD <b>3-4-12</b>                          | S  | SALAD <b>3-4-12</b>                      |
|           | B  | CANARIAN "RANCHO"                            | So | VEGETABLE SOUP                           |
|           | C  | GRILLED BEEF STEAK                           | E  | CHICKEN BREAST <b>7</b>                  |
|           | D  | BAKED COD WITH ONION <b>4-12</b>             | F  | TUNA CAKE <b>1-3-4-7</b>                 |
|           | V  | RICE "THREE DELIGHTS" <b>3</b>               | V  | ZUCCHINI OMELETTE <b>3</b>               |
|           | OP | GRILLED TUNA                                 | OP | GRILLED TUNA                             |
|           |    |  |    |  |
| SATURDAY  | A  | SALAD <b>3-4-12</b>                          | S  | SALAD <b>3-4-12</b>                      |
|           | B  | LENTILS "MOROCCAN STYLE"                     | So | CHICKEN AND PASTA SOUP <b>1</b>          |
|           | C  | MEAT LASAGNA <b>1-3-4-12</b>                 | E  | RUSSIAN STEAK IN SAUCE <b>1-3-10-12</b>  |
|           | D  | COLOMBIAN POTATOE <b>1-3-4</b>               | F  | BAKED STOKER FISH <b>4</b>               |
|           | V  | SCRAMBLED OF VEGETABLES <b>3</b>             | V  | SAUTEED VEGETABLES WITH APPLE            |
|           | OP | GRILLED TUNA                                 | OP | GRILLED TUNA                             |
|           |    |  |    |  |
| SUNDAY    | A  | SALAD <b>3-4-12</b>                          | S  | SALAD <b>3-4-12</b>                      |
|           | B  | VEGETABLE SOUP                               | So | CHARD CREAM                              |
|           | C  | BAKED CHICKEN WITH PEACH <b>12</b>           | E  | VEAL "FLAMENQUINES" <b>1-3-7</b>         |
|           | D  | GRATEN COD WITH TOMATO <b>4-7-12</b>         | F  | LASAGNA "SAILOR" STYLE <b>1-3-4-7-12</b> |
|           | V  | CATALONIAN STYLE SPINACH <b>3-7-8-10</b>     | V  | PUMPKIN STUFFED WITH VEGETABLES <b>7</b> |
|           | 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