

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 CAKE 1-3-7	V	BREADED BROCOLI 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