WEEK FROM SEPTEMBER 03RD TO OCTOBER 09TH aramark				
WEEK 3		LUNCH		DINNER
MONDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	BEANS SOUP (2-4-13)	So	VEGETABLES SOUP
	C	GRILLED CHICKEN BREAST	E	PASTA CARBONARA (1-3-7)
	D	GALLEGA STYLE FISH (4-12)	F	FISH ESCALOPE (1-3-4)
	V	SPANISH OMELETTE (3)	V	STUFFED TOMATOES (3-7)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
	<u> </u>	OP: OTHER OPTION SECOND DISH	<u> </u>	1 0111(71112 VEGET/18223 VEGET (6 10 12)
TUESDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	VEGETABLES CREAM	So	VEGETABLES CREAM
	C	GRILLED VEAL	E	CHICKEN AND PEPPERS WOK (6-10-12)
	D	NOODLES IN TUNA SAUCE (1-3-4-12)	F	SAILOR PAELLA (2-4-12-13)
	V	VEGETABLES CAKE (1-3-4-12)	V	VEGETABLE QUICHE (1-3-7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
	UF	FORK AND VEGETABLES WOR (6-10-12)	Ur	FORK AND VEGETABLES WOR (6-10-12)
WEDNESDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	GREEN PEAS AND BACON WOK (3-6-12)	So	CHEFF'S SOUP (3-6-12)
	C	CAZADORA STYLE CHICKEN (6-10-12)	E	JUICY RICE WITH MEAT (12)
	D	POLLOCK FISH IN GREEN MOJO SAUCE (4)	F	HAKE IN PORTUGUESE STYLE (4-12)
	V	STEAMED VEGETABLES WITH HONEY (7)	V	STUFFED PUMPKIN (7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
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THURSDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	CANARIAN SAILOR SOUP (2-4-13)	So	FISH SOUP (4)
	C	GRILLED PORK STEAK	E	BOLOGNESE STYLE PASTA (1-7-12)
	D	GALICIAN PIE (1-3-4-7-12)	F	WRECKFISH WITH CORIANDER (4-12)
	V	VEGETABLES AND TOMATO PIZZA (1-3-7-12)	V	CAMPESINA STYLE OMELETTE
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
		, ,		,
FRIDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	RIOJANA STYLE LENTILS (12)	So	SWEET POTATOE & MUSHROOM CREAM(12)
	C	CHICKEN ESCALOPE (1-3)	E	CHICKEN WITH "SALMOREJO" SAUCE
	D	, ,	F	CANARIAN STYLE COD (4-12)
	V	GRATINATED SPAGHETTI (1-7-12)	V	VEGETABLE PIE (1-3-7-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
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SATURDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	LEEKS CREAM	So	HOT VICHYSSOISE (7)
	C	HAM AND VEGETABLES CAKE (1-3-7-12)	E	BEEF ESCALOPE (1-3)
	D	BREADED WRECKFISH WITH PEPPER (1-3-4)	F	SAILOR PIE (1-3-4-7)
	V	SPINACH AND PINE NONE CROQUETTES WITH FRIED POTAT		SCRAMBLED MUSHROOMS (3-12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
	<u> </u>	(0 10 12)	0.	
SUNDAY	Α	SALAD (3-4-12)	S	SALAD (3-4-12)
	В	JEREZ SOUP (1-3-12)	So	NOODLE AND BEEF SOUP (1)
	C	HOMEMADE "SAN JACOBOS" (1-3-7)	E	HOMEMADE CHICKEN STEW (12)
	D	SKEWER FISH (4)	F	FISH CAKE (1-3-4-7)
	V	STUFFED PEPPERS (7-12)	V	VEGETABLE RICE (12)
	OP	PORK AND VEGETABLES WOK (6-10-12)	OP	PORK AND VEGETABLES WOK (6-10-12)
		1 5 1.1.7.11 VEGET/18EES WOR (0 10 12)	01	Contract vegen beleg work (o to 12)

FOOD ALLERGENS

1. GLUTEN 2. CRUSTACEANS 3.EGGS 4.FISH 5.PEANUTS 6.SOYA 7.MILK 8.TREE NUTS 9. CELERY MUSTARD 11. SESAME 12. SULPHITES 13.MOLLUSCS 14. LUPIN