

| WEEK FROM JANUARY 26TH TO FEBRUARY 1FR |    |   |    |                                    |  |
|--|----|---|----|------------------------------------|--|
| WEEK 3                                 |    | LUNCH   |    | DINNER                             |  |
| MONDAY                                 | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | 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)  |  |
|  |    | OP: OTHER OPTION SECOND DISH                      |    |                                    |  |
| TUESDAY                                | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | 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 (1-3-7)                           | V  | VEGETABLE QUICHE (1-3-7-12)        |  |
|  | OP | PORK AND VEGETABLES WOK (6-10-12)                 | OP | PORK AND VEGETABLES WOK (6-10-12)  |  |
|  |    |   |    |                                    |  |
| WEDNESDAY                              | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | 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)  |  |
|  |    |   |    |                                    |  |
| THURSDAY                               | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | 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                                 | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | RIOJANA STYLE LENTILS (12)                        | So | SWEET POTATOE & MUSHROOM CREAM(12) |  |
|  | C  | CHICKEN ESCALOPE (1-3)                            | E  | CHICKEN WITH "SALMOREJO" SAUCE     |  |
|  | D  | BILBAINA STYLE HAKE (4-12)                        | 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)  |  |
|  |    |   |    |                                    |  |
| SATURDAY                               | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | LEEK CREAM  | So | HOT VICHYSOISE (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 | V  | SCRAMBLED MUSHROOMS (3-12)         |  |
|  | OP | PORK AND VEGETABLES WOK (6-10-12)                 | OP | PORK AND VEGETABLES WOK (6-10-12)  |  |
|  |    |   |    |                                    |  |
| SUNDAY                                 | A  | SALAD (3-4-12)                                    | S  | SALAD (3-4-12)                     |  |
|  | B  | 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)  |  |
|  |    |   |    |                                    |  |

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