

WEEK FROM NOVEMBER 4 TH TO NOVEMBER 10TH

aramark 

WEEK 2		LUNCH		DINNER
MONDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	LEEK CREAM	So	PUMPKIN CREAM
	C	MEATBALLS "GRANDMA" STYLE 1-3-12	E	ORANGE CHICKEN STEW 12
	D	GRILLED "CHERNE" FISH WITH LEMON 4	F	FISH STEAKS WITH ALIOLI SAUCE 1-3-4-7
	V	STUFFED AUBERGINE 7-12	V	LEEKS PIE 1-3-7
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
		OP: OTHER OPTION SECOND DISH		
TUESDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	CHICKPEAS SOUP 12	So	"PICADILLO" SOUP 1-3
	C	TACOS WITH MEAT AND VEGETABLES 1-3-7-12	E	GRILLED MARINATED LOIN 3-7-12
	D	ONION FISH 4	F	PAELLA WITH FISH 4-12
	V	GRATIN VEGETABLE PIE 7-12	V	STUFFED TOMATOES 3-7-12
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
WEDNESDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	COOKED SOUP	So	SOUP "GALLEGA" STYLE 4-12
	C	BEEF WOK 6-12	E	PASTA WITH TUNA AND BACON 1-4-7-12
	D	GALLEGA STYLE PIE 1-3-4-7-12	F	SCRAMBLED MUSHROOMS 1-3-12
	V	GRATIN OF LEEKS 7-12	V	AUBERGINE STUFFED WITH VEGETABLES 7-12
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
THURSDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	ORCHARD CREAM	So	GREEN SOUP 3
	C	BEEF AND VEGETABLE PAELLA 12	E	LOIN AND VEGETABLES WOK 6-12
	D	SAILOR JOKE WITH POTATOES 4-12	F	STRUDEL WITH CHEESE, TOMATO AND EGGPLANT 7-12
	V	GRATIN PUMPKINS AND TOMATOES 7-12	V	OMELETTE "JULIANA" 3
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
FRIDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	VEGETABLES SOUP	So	STUFFED ZUCCHINI "BUBANGO" 7
	C	PORK IN SWEET AND SOUR SAUCE 1-6-12	E	CURRY BREAST 7-12
	D	BREADED FISH 1-3-4	F	BAKED "FOGONERO" FISH 4
	V	BAKED VEGETABLE BRUSH	V	VEGETABLE CAKE 1-3-7-12
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
SATURDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	PIZZA "MARGARITA" 1-7-12	So	PEACHES STUFFED WITH TUNA 3-4-7-12
	C	CHICKEN STEW WITH VEGETABLES 12	E	BBQ CHICKEN HAMS 6-10-12
	D	COD IN TOMATO SAUCE 1-4-12	F	TUNA AND LEEKS CAKE 1-3-7-12
	V	BAKED VEGETABLES 7	V	VEGETABLE PASTA 1-7
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT
SUNDAY	A	SALAD 3-4-12	S	SALAD 3-4-12
	B	POTAJE "RANCHO CANARIO" 1-12	So	CHICKEN SOUP 1
	C	"CORDON BLUE" OF CHICKEN 1-3-7	E	PORK FILLET WITH PEPPER 6-7-11-12
	D	STUFFED BIG POTATOE 3-4-7	F	SEAFOOD PAELLA 4-12
	V	SPANISH OMELETTE 3	V	GRILLED VEGETABLES
	OP	GRILLED MIXED MEAT	OP	GRILLED MIXED MEAT

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

