

WEEK FROM SEPTEMBER 30TH TO OCTOBER 6TH



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				
		BUFFET		BUFFET
THURSDAY				
		BUFFET		BUFFET
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