

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		S	
	B		So	
	C	BUFFET	E	BUFFET
	D		F	
	V		V	
	OP		OP	
SATURDAY	A		S	
	B		So	
	C	BUFFET	E	BUFFET
	D		F	
	V		V	
	OP		OP	
SUNDAY	A		S	
	B		So	
	C	BUFFET	E	BUFFET
	D		F	
	V		V	
	OP		OP	

**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