

Monday 1 <small>starter</small>	Tuesday 2 <small>starter</small>	Wednesday 3 <small>starter</small>	Thursday 4 <small>starter</small>	Friday 5 <small>starter</small>
MACARONI NAPOLITANA WITH CHEESE  1 2 3 4	BOILED POTATOES WITH GREEN BEANS	GREEK SALAD	CARROT SOUP (POTATOES AND ONION)	CHICKPEAS STEW "POTAGE"  8 5 6 7
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
TUNA OMELETTE  9 10	CHICKEN WINGS WITH BARBECUE SAUCE	TRADITIONAL VALENCIAN PAELLA  11 12	HAMBURGER (with onion, cheese, special bread)  13 14 18 15 16 17	FRESH FISH  19
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
BABY CARROT	MUSHROOM SAUTEED		CHIPS	SEASONED TOMATO
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
FRESH ORANGE FRUIT	PANNA COTTA	FRUIT ASSORTMENT OR DAIRY DESSERT	YOGHURT	FRUIT ASSORTMENT OR DAIRY DESSERT

**2ª Opción-Ensalada del día**

BAKED COD (WITH ONION AND TOMATO) LETTUCE, SWEET CORN AND BEETROOT SALAD CHEESE SANDWICH KCAL:440.5 G:5g P:33.6g HC:63.2g	GRILLED CHICKEN BREAST LETTUCE, TOMATO, PEPPER AND OLIVE SALAD FRESH FRUIT AND YOGHURT KCAL:878.5 G:36.7g P:34.6g HC:100.1g	VEGETABLE PAELLA (red and green pepper, artichokes, leek and green beans) LETTUCE, CORN AND BLACK OLIVES TURKEY SANDWICH KCAL:1422 G:91.9g P:53.2g HC:93.6g	GRILLED STEAK SALAD WITH EGGS AND TOMATO HAM SANDWICH WITH TOMATO KCAL:866.8 G:23.6g P:32.4g HC:130g	FRESH FISH LETTUCE, TOMATO AND CORN BANANA AND YOGHURT DRINK KCAL: 920.9 G:46.1g P24.1g HC:100.8g
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**Special Dietary Needs**




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|--|---|
| 1. Gluten free macaroni<br>2. Egg free pasta and without cheese<br>3. Without cheese<br>4. Without cheese<br>5. Without sausage<br>6. Without sausage<br>7. Rice stew with pancetta<br>8. Without sausage<br>9. Vegetarian omelette<br>10. Egg free pasta and without cheese | 11. Meat paella<br>12. Without celery<br>13. Gluten-free burger and bread<br>14. Egg-free burger and without mayonnaise<br>15. Without cheese, mayonnaise and bacon<br>16. Chicken burger without bacon and cheese<br>17. Without bacon<br>18. Grilled pork loin<br>19. Grilled pork loin |
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















The second option is for all high school students  
 Every day there is garnish salad  
 The snack is for all students  
 The side dish will respect students food intolerances and allergies  
 The fresh fruit will be seasonal

**Dishes containing:**

GLUTEN   
EGGS   
CELERY 

DAIRY PRODUCTS   
COW PROTEINS   
SULPHITE 

VEGETABLES   
FISH   
NUTS 

Monday 8 starter	Tuesday 9 starter	Wednesday 10 starter	Thursday 11 starter	Friday 12 starter
LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION)	SPAGHETTI CARBONARA (BACON AND CREAM)     	RICE D.O. WITH TOMATO	MEAT AND VEGETABLE SOUP WITH PASTA    
MEAT CROQUETTES    	MEATBALLS IN SAUCE   	BAKED SALMON (WITH ONION AND TOMATO)  	GRILLED CHICKEN BREAST	HOMEMADE BACON AND MUSHROOM PIZZA (tomato sauce, mozzarella and olives)     
GRILLED COURGETTES	SAUTEED RICE	BAKED TOMATOES	CHIPS	JULIENNE LETTUCE
FRESH ORANGE FRUIT	HOMEMADE CHOCOLATE MOUSSE	FRUIT ASSORTMENT OR DAIRY DESSERT	YOGHURT	FRUIT ASSORTMENT OR DAIRY DESSERT
<b>2ª Opción-Ensalada del día</b>				
FRIED FISH ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS) KCAL: 954.3 G:33.6g P:70.4g HC:91.5g	BREADED TURKEY (FLOUR, EGG AND BREADCRUMBS) LETTUCE, BEETROOT AND OLIVE SALAD FRESH FRUIT AND YOGHURT KCAL: 730.7 G:29.4g P:45.3g HC:69.1g	BAKED HAKE (ONION AND TOMATO) SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE TUNA SANDWICH KCAL: 803.3 G:30.1g P:69.7g HC:90.6g	GRILLED CHICKEN BREAST CABBAGE AMERICAN SALAD FRESH FRUIT AND YOGHURT KCAL: 598.3 G:29.5g P:32.8g HC:49.5g	HOMEMADE VEGETABLE PIZZA CHEESE SANDWICH KCAL: 865.9 G:61.1g P:18.4g HC:58.5g

**Special Dietary Needs**

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|-----------------------------|----------------------------|--------------------------|
| 1. green bean with potatoes | 11. Gluten free croquettes | 21. Pizza without cheese |
| 2. Gluten-free pasta        | 12. Grilled chicken        | 22. Pizza without cheese |
| 3. Egg-free pasta           | 13. Grilled chicken        | 23. Without bacon        |
| 4. Napolitana sauce         | 14. Grilled chicken        |                          |
| 5. Napolitana sauce         | 15. Homemade fishballs     |                          |
| 6. Napolitana sauce         | 16. Grilled beef           |                          |
| 7. Gluten-free pasta        | 17. Grilled beef           |                          |
| 8. Egg-free pasta           | 18. Baked turkey           |                          |
| 9. Vegetables soup          | 19. Grilled salmon         |                          |
| 10. Celeryless              | 20. Gluten free pizza      |                          |

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<p>starter</p> <p><b>BOLOGNESE SPIRALS</b></p> <p>1 2 4 3</p>	<p>starter</p> <p><b>BOILED PEAS WITH CARROTS AND POTATOES</b></p> <p>5</p>	<p>starter</p> <p><b>BEANS SALAD (tuna,grated carrots and tomato)</b></p> <p>6 7</p>	<p>starter</p> <p><b>HOLIDAY</b></p>	<p>starter</p> <p><b>HOLIDAY</b></p>
<p>main dish</p> <p><b>BAKED HAKE (ONION AND TOMATO)</b></p> <p>9 8</p>	<p>main dish</p> <p><b>BAKED CHICKEN WITH BACON AND LEMON</b></p>	<p>main dish</p> <p><b>GRILLED SAUSAGES WITH TOMATO SAUCE</b></p>	<p>main dish</p>	<p>main dish</p>
<p>side dish</p> <p><b>BOILED CARROTS</b></p>	<p>side dish</p> <p><b>COUS COUS</b></p>	<p>side dish</p> <p><b>RATATOUILLE</b></p>	<p>side dish</p>	<p>side dish</p>
<p>dessert</p> <p><b>FRESH ORANGE FRUIT</b></p>	<p>dessert</p> <p><b>FRUIT ASSORTMENT OR DAIRY DESSERT</b></p>	<p>dessert</p> <p><b>FLAN</b></p>	<p>dessert</p>	<p>dessert</p>
<b>2ª Opción-Ensalada del día</b>				
<p><b>BAKED SALMON (WITH ONION AND TOMATO)</b> LETTUCE, SWEET CORN AND BEETROOT SALAD TURKEY SANDWICH</p> <p>KCAL: 979.4 G:50.3g P:31.7g HC:96.3g</p>	<p><b>CHICKEN BURRITOS</b> LETTUCE, TOMATO, PEPPER AND OLIVE SALAD FRESH FRUIT AND YOGHURT</p> <p>KCAL: 1376 G:79g P:32.1g HC:133.3g</p>	<p><b>FRANKFURT SAUSAGES</b></p> <p>KCAL:669 G:15.5g P:38.9g HC:92.7g</p>		

**Special Dietary Needs**

1. Gluten-free pasta
2. Egg-free pasta
3. Napolitana sauce
4. Napolitana sauce
5. Without peas
6. Without tuna
7. Mixed salad
8. Grilled beef
9. Grilled hake

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- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

Monday 22 <small>starter</small>	Tuesday 23 <small>starter</small>	Wednesday 24 <small>starter</small>	Thursday 25 <small>starter</small>	Friday 26 <small>starter</small>
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
2ª Opción-Ensalada del día				
Special Dietary Needs				

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**Dishes containing:**

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

Monday 29 <small>starter</small>	Tuesday 30 <small>starter</small>	Wednesday 1 <small>starter</small>	Thursday 2 <small>starter</small>	Friday 3 <small>starter</small>
HOLIDAY	HOLIDAY			
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
2ª Opción-Ensalada del día				
Special Dietary Needs				

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