

Dishes containing:

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 1
starter	starter	starter	starter	starter
				SEASONAL VEGETABLE SOUP 1
main dish	main dish	main dish	main dish	main dish
				HAMBURGER (with onion, cheese, special bread) 2 3 7 4 5 6
side dish	side dish	side dish	side dish	side dish
				CHIPS
dessert	dessert	dessert	dessert	dessert
				YOGHURT
2ª Opción-Ensalada del día				
				GRILLED STEAK CAESAR SALAD (chicken, chesse, croutons and caesar dressing) BANANA AND YOGHURT DRINK

Special Dietary Needs

1. Without celery
2. Gluten-free burger and bread
3. Egg-free burger and without mayonnaise
4. Without cheese, mayonnaise and bacon
5. Chicken burger without bacon and cheese
6. Without bacon
7. Grilled beef

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

Monday 4 <small>starter</small>	Tuesday 5 <small>starter</small>	Wednesday 6 <small>starter</small>	Thursday 7 <small>starter</small>	Friday 8 <small>starter</small>
BOILED POTATOES WITH GREEN BEANS	CHICKPEA STEW WITH BACON AND "CHORIZO" 	CAPRESE SALAD 	MACARONI NAPOLITANA WITH CHEESE 	LEEK, POTATO AND CARROT SOUP
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
BREADED LOIN (FLOUR, EGG AND BREADCRUMBS) 	CHEESE OMELETTE 	TRADITIONAL VALENCIAN PAELLA 	FRESH FISH 	HOMEMADE BACON AND MUSHROOM PIZZA (tomato sauce, mozzarella and olives)
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
SAUTEED RICE	SEASONED TOMATO		BAKED COURGETTES	
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
FRESH ORANGE FRUIT	FRUIT ASSORTMENT OR DAIRY DESSERT	YOGHURT	FRUIT ASSORTMENT OR DAIRY DESSERT	HOMEMADE CHOCOLATE MOUSSE
2ª Opción-Ensalada del día				
GRILLED PORK LOIN LETTUCE, SWEET CORN AND BEETROOT SALAD HAM SANDWICH WITH TOMATO	GRILLED CHICKEN BREAST LETTUCE, TOMATO, PEPPER AND OLIVE SALAD FRESH FRUIT AND YOGHURT	VEGETABLE PAELLA (red and green pepper, artichokes, leek and green LETTUCE, CORN) BLACK OLIVES TUNA SANDWICH WITH OLIVES	FRESH FISH SALAD WITH EGGS AND TOMATO FRESH FRUIT AND YOGHURT	HOMEMADE VEGETABLE PIZZA LETTUCE, TOMATO AND CORN CHEESE SANDWICH

Special Dietary Needs

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|--------------------------------------|----------------------------|--------------------------|
| 1. Meatless | 11. Without dairy products | 21. Pizza without cheese |
| 2. Meatless | 12. Gluten free breaded | 22. Pizza without cheese |
| 3. Boiled vegetables and potato | 13. Egg free breaded | 23. Without bacon |
| 4. mixed salad without cheese | 14. Vegetarian omelette | |
| 5. mixed salad without cheese | 15. Plain omelette | |
| 6. Gluten free macaroni | 16. Plain omelette | |
| 7. Egg free pasta and without cheese | 17. Meat paella | |
| 8. Without cheese | 18. Without celery | |
| 9. Without cheese | 19. Grilled pork loin | |
| | 20. Gluten free pizza | |

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Monday 11 <small>starter</small>	Tuesday 12 <small>starter</small>	Wednesday 13 <small>starter</small>	Thursday 14 <small>starter</small>	Friday 15 <small>starter</small>
LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato) 1	MEAT AND VEGETABLE SOUP WITH PASTA 2 3 4 5	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION)	CUBAN RICE WITH BOILED EGG 6	
<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>	<small>main dish</small>
GRILLED SAUSAGES 7	MARINATED CHICKEN (ONION, GARLIC, VINEGAR, PAPRIKA, AND LAUREL) 8	PORK CHOP WITH HONEY AND MUSTARD SAUCE	MEAT CROQUETTES 9 10 11 12	
<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>	<small>side dish</small>
BAKED TOMATOES	MUSHROOM SAUTEED		RED CABBAGE SALAD WITH MUSTARD VINAIGRETTE	
<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>	<small>dessert</small>
FRESH ORANGE FRUIT	FRUIT ASSORTMENT OR DAIRY DESSERT	CUSTARD	FRUIT ASSORTMENT OR DAIRY DESSERT	
2ª Opción-Ensalada del día				
GRILLED PORK LOIN ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS) TURKEY SANDWICH	CHICKEN WITH SOY SAUCE AND HONEY (sauce optional) LETTUCE, BEETROOT AND OLIVE SALAD FRESH FRUIT AND YOGHURT	BAKED COD (WITH ONION AND TOMATO) SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE HAM SANDWICH WITH TOMATO	FRIED FISH CABBAGE AMERICAN SALAD CHEESE SANDWICH	

Special Dietary Needs

- 1. green bean with potatoes
- 2. Gluten-free pasta
- 3. Egg-free pasta
- 4. Vegetable soup
- 5. Without celery
- 6. Rice with tomato sauce
- 7. Grilled pork loin
- 8. Grilled chicken
- 9. Gluten free croquettes
- 10. Grilled chicken
- 11. Grilled chicken
- 12. Grilled chicken

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Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
starter	starter	starter	starter	starter
		LENTIL AND VEGETABLE STEW (sauteed onions,garlic,red pepper and tomato) 	MIXED SALAD	AMATRICIANA MACARONI
main dish	main dish	main dish	main dish	main dish
		SPANISH OMELETTE 	FISH PAELLA 	FRESH FISH
side dish	side dish	side dish	side dish	side dish
		COUS COUS		SWEET CORN COB
dessert	dessert	dessert	dessert	dessert
		FRESH ORANGE FRUIT	YOGHURT	FRUIT ASSORTMENT OR DAIRY DESSERT
2ª Opción-Ensalada del día				
		TUNA PASTY LETTUCE, CORN AND BLACK OLIVES TUNA SANDWICH WITH OLIVES	RICE CASSEROLE WITH VEGETABLES SALAD WITH EGGS AND TOMATO FRESH FRUIT AND YOGHURT	FRESH FISH LETTUCE, TOMATO AND CORN CHEESE SANDWICH

Special Dietary Needs

1. green bean with potatoes
2. Gluten-free pasta
3. Egg-free pasta
4. Napolitana sauce
5. Vegetarian omelette
6. Rice with vegetables
7. Without celery
8. Grilled pork loin

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RICE WITH HOMEMADE TOMATO SAUCE	MIXED SALAD WITH FRESH CHEESE AND TUNA 1 3 4 2	COURGETTE SOUP (potato and onion)	BAKED BEANS WITH VEGETABLES(BEANS,CARROTS AND RED PEPPER) 5	PASTA WITH YOGHURT
HAKE IN GREEN SAUCE 6 7 8		BAKED MARINATED TURKEY 9	COD CROQUETTES 10 15 12 13 11 14	GREEK STYLE PORK STRIP
SAUTEED PEAS		COUS COUS	GRILLED COURGETTES	SALAD OF CUCUMBER, TOMATO AND OLIVES
FRUIT ASSORTMENT OR DAIRY DESSERT	FRUIT ASSORTMENT OR DAIRY DESSERT	HOMEMADE CHOCOLATE MOUSSE	FRUIT ASSORTMENT OR DAIRY DESSERT	GREEK YOGURT
2ª Opción-Ensalada del día				
GRILLED SALMON ORANGE SALAD (LETTUCE, ORANGES AND SUNFLOWER SEEDS) TURKEY SANDWICH	VEGETABLE "FIDEUA" LETTUCE, BEETROOT AND OLIVE SALAD FRESH FRUIT AND YOGHURT	FRIED FISH SOY SALAD (CARROTS, SOY AND CORN) WITH OREGANO VINAIGRETTE HAM SANDWICH WITH TOMATO	BAKED TURKEY ROUND CABBAGE AMERICAN SALAD CHEESE SANDWICH	GREEK CHICKEN GYROS WITH TZATZIKI CAESAR SALAD (chicken, chesse, croutons and caesar dressing) BANANA AND YOGHURT DRINK

Special Dietary Needs

- | | |
|--|---|
| <ul style="list-style-type: none"> 1. without eggs 2. without tuna 3. without cheese 4. without cheese 5. Boiled mixed vegetables 6. Gluten-free flour 7. Meat stew 8. Without celery 9. without vine 10. Gluten free croquettes | <ul style="list-style-type: none"> 11. Breaded pork loin 12. Breaded fish 13. Breaded fish 14. Breaded cod 15. Breaded cod |
|--|---|

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