

**NOVEMBER
2020**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
From 2nd to 6th November	Beans with swiss chard and carrot curry Fish or vegetarian croquettes with tomato salad Seasonal fruit	Prawns in red pepper sauce Vegetarian or meat lasagna Strawberry and pineapple smoothie	(Mexico) Nachos with guacamole Mixed or vegetarian fajitas Fruit brochette	Courgette risotto Grilled sea bass with tempura vegetables Seasonal fruit	Prawn or veggie spring rolls Sautéed quinoa with vegetables and chicken or seitan Orange with cinnamon
Alternative options:	<i>Quinoa</i>	<i>Baba Ghanoush with crudités</i>	<i>Tomato soup</i>	<i>"Gajo" potatoes with herbs</i>	<i>Tomato and mozzarella</i>
From 9th to 13th November	Wholewheat pasta al pesto Roast chicken leg with carrots and peas Macedonia fruit salad	Quinoa with vegetables, tofu and sultanas Seabass with bearnaise sauce with Provençal herb stuffed tomatoes Fruit kebabs	(Spain) Assorted tapas Mixed or vegetarian Paella Mandarin with chocolate	Chickpea and guacamole tacos Ham and courgette omelette with tomato and mozzarella Banana pudding with chia	Edamame Beans Fish or vegetarian sushi Strawberry and yoghurt shake
Alternative options:	<i>Baked sweet potato</i>	<i>Puréed potato</i>	<i>Ham or vegetarian croquettes</i>	<i>Cream of broccoli soup</i>	<i>Fish soup with noodles</i>
From 17th to 20th November	HOLIDAY	Miso and tofu soup Breaded hake with ratatouille Macedonia fruit salad	(Israel) Labneh with vegetables (creamy fresh cheese) Meat or vegetarian shawarma Fruit minestrone	Lentils with vegetables and rice Chicken wings or tofu with barbecue sauce and couscous Orange with cinnamon	Mushroom ravioli with cheese and pomodoro Fish pie with rocket Mixed fruit
Alternative options:		<i>Bulgur with vegetables</i>	<i>Hummus with pitta bread</i>	<i>Vegetable gratin with cheese</i>	<i>Cream of courgette soup</i>
From 23rd to 27th November	Cream cheese and spinach stuffed potatoes Grilled Tuna or tofu with mango curry sauce Fruit minestrone	Baked rice with chickpeas Chicken roll with mushrooms and ricotta Yoghurt with fruit	(Peru) Prawn ceviche Fish and potatoes in huancaína sauce Seasonal fruit	Baked cubes of sweet potato Rice with chicken and vegetables/vegetarian Sliced banana with pure cocoa	Cream of vegetable soup Ham or vegetable homemade pizza Baked pear
Alternative options:	<i>Wholegrain rice</i>	<i>Seitan</i>	<i>Chupe soup with corn and fresh cheese</i>	<i>Edamame Beans</i>	<i>Beetroot hummus with dippers</i>
30th November	Creamed spinach gratin with cheese Rice with shellfish in marinara sauce Papaya and pineapple fruit salad				
	<i>Vegetable quiche</i>				

There is a daily salad buffet, and the menus will be served with bread (rye, spelt, wholegrain, oatmeal...) There is a daily vegetarian option. There is a daily fruit option for dessert.

*Menus adapted to the regulation 1169/2011 of the European Parliament and Council / 25 of October 2011 on nutrition provided to the customer

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Note: These menus are not adapted to food intolerances or specific diseases. To be complimented with a healthy and balanced diet at home.