

Eggs

03

Fish

04

Crustaceans

02

Gluten

01



SO2.8

sulphites

12

Lupins

13

Molluscs

14

Monday	Tvesday	Wednesday	Thvrsday	Friday
Macaroni with 01 07 cheese sauce	Moussaka	Cream of "sopas"	Rice soup	Peeled beans
Potato Cajun style	Vegetable salad	Fish mallorcan style	Scrambled eggs with mushrooms and 03 salad	Grilled fish with 04 vegetables
Pear	Melon	Apple	Orange	Banana
ideas for dinner				
Chicken with garlic and salad	Soup	Pizza	Bread with oil	Hamburgers

Soya

06

Peanuts

05

Dairy

07

Fruits with

shell

08

Celery

09

Mustard

10

Sesame

11