GLUTEN-FREE MENU

July 2022

arimunani®
ESCOLA · COLEGIO · SCHOOL

All products, except for fish, are organically produced and, whenever possible, locally sourced.
We use extra virgin olive oil for cooking and seasoning.
Neus Goyeneche · Dietician-Nutritionist · Col. IB00088

MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
				CREAM OF VEGETABLES (potato, parsnip, onion, leek)
				SAUSAGES WITH POTATO AND SWEET POTATO
				SEASONAL FRUIT
				Dinner suggestion: Fish curry with quinoa

ALLERGEN LEGEND

(1) Gluten (2) Crustaceans (3) Egg (4) Fish (5) Peanuts (6) Soya (7) Milk (8) Nuts (9) Celery (10) Mustard (11) Sesame (12) Sulphites (13) Lupins (14) Molluscs

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MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Semi INTEGRAL RICE WITH HOMEMADE NAPOLITAN SAUCE (garlic, onion, tomato, pepper, marjoram, basil)	**CHICKPEAS SALAD WITH "TREMPÓ"**	**GLUTEN-FREE SPAGUETTI** WITH PESTO AND RED PEPPER SAUCE (basil, garlic, almonds)	**CREAM OF SEASONAL VEGETABLES AND WHITE BEANS**	**QUINOA** WITH SAUTÉED VEGETABLES (onion, carrot, red pepper, broth)
CAULIFLOWER AND POTATO OMELETTE WITH WINTER SALAD (leaves, carrot, apple, nuts) (3,8)	**SAUTÉED VEGETABLES** WITH PORK LOIN (onion, carrot, ginger, sesame) (11)	**MALLORCAN SQUID** WITH WHITE RICE (onion, garlic, tomato sauce, parsley, raisins) (2,4,14)	**COTTAGE PIE** (minced beef, garlic, onion, carrot, tomato, broth, cornstarch, thyme, cheese, potato) (7)	**BAKED HAKE** WITH SALAD (green leaf, ramallet tomato and mahonese cheese) (3,4,7)
SEASONAL FRUIT	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**
Dinner suggestion: Seafood stew with vegetables and buckwheat	Dinner suggestion: Quinoa salad and risotto with vegetables and mushrooms	Dinner suggestion: Vegetable pie with crushed tomato and couscous	Dinner suggestion: Amaranth tabbouleh with pistachios and nuts	Dinner suggestion: Mexican pancakes with sautéed vegetables and beans

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MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
GLUTEN-FREE VEGETABLE FIDEUA (onion, peppers, tomato, peas, artichoke, broth, parsley)	**PUMPKIN AND PIP CREAM**	**CHICKPEA SALAD** (carrot, spinach, onion, tomato, garlic, bay leaf, paprika)	**Semi INTEGRAL RICE** WITH MUSHROOM SAUCE (garlic, onion, nutmeg, mushrooms, vegetable cream or broth)	**"TREMPÓ"** (green pepper, onion, tomato)
GRILLED TURKEY WITH CARAMELIZED ONIONS AND SALAD (mixed greens, tomato and corn)	**FISH WITH POTATOES AND VEGETABLES** (red pepper, aubergine, spring onion or leek) (4)	**SCRAMBLED EGGS** WITH TOMATO AND SALAD (mixed leaves, carrots, olives) (3)	**BAKED COD WITH SALAD** (4)	**ROAST CHICKEN** WITH VEGETABLES AND SWEET POTATO (onion, tomato, rosemary, lemon)
SEASONAL FRUIT	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**
Dinner suggestion: Mixed salad and potato, onion and parsley omelette	Dinner suggestion: Pea spirals with sautéed vegetables	Dinner suggestion: Integral couscous with ratatouille and goat's cheese	Dinner suggestion: Lentils stewed with vegetables, potato and onion with vinegar	Dinner suggestion: Gluten-free pasta soup and sautéed peas with ham

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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
GLUTEN-FREE PASTA WITH BROCCOLI AND AVOCADO SAUCE (garlic, vegetable milk, marjoram)	**CRUDITÉS WITH PEAS HUMMUS** (carrots, peppers or peppers) (11)	**CREAM OF SEASONAL VEGETABLES AND RED KIDNEY BEANS**	**SALAD** (red onion, garlic, tomato, basil, rocket)	**CHICKPEAS SALAD WITH "TREMPÓ"**
VEGETABLE ROLLS WITH SALAD (egg, gluten-free flour, garlic, parsley, seasonal vegetables, tomato, marjoram)	**GLUTEN-FREE PASTA WITH VEAL AND LAMB** AND TOMATO SAUCE	**POTATO OMELETTE WITH SALAD** (leaves, carrot, apple, nuts) (3,8)	**GLUTEN-FREE FISH FIDEUA** (onion, garlic, red pepper, green pepper, tomato, monkfish) (2,4,14)	**MALLORCAN SQUID** WITH WHITE RICE (onion, garlic, tomato sauce, parsley, raisins) (2,4,14)
SEASONAL FRUIT	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**SEASONAL FRUIT**
Dinner suggestion: Amaranth with vegetables and chickpeas Mexican style	Dinner suggestion: Hawaiian Poke Bowl salad with salmon	Dinner suggestion: Tabbouleh and vegetable cakes with apple sauce	Dinner suggestion: "Quesadillas"	Dinner suggestion: Tabbouleh and vegetable cakes with apple sauce

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MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
PEA AND MINT CREAM	**SEMI-INTEGRAL RICE** WITH TURMERIC AND VEGETABLES (onion, garlic, parsley, peppers, beans)	**GLUTEN-FREE SPAGUETTI** WITH SQUASH AND RED PEPPER SAUCE (parsley, vegetable milk, marjoram)	**WALDORF SALAD** (lettuce hearts, apple, walnuts, sauce) (3,8)	**LEEK CREAM**
SARRACENE WHEAT WITH TURKEY AND VEGETABLES (onion, garlic, peppers, carrot, tomato, bay leaf, turmeric, thyme and broth)	**RAPE ROLLS** WITH MEDITERRANEAN SALAD (potato, egg, spices, peeled shrimp, cherry, cheese) (2,3,4,7,14)	**SALMON AND SALAD** (lamb's lettuce, tomato and black olives) (4)	**CHICKEN STRIPS IN CURRY** WITH BASMATI RICE (garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley)	**FISH** WITH BROCCOLI AND SESAME (4,11)
SEASONAL FRUIT	**SEASONAL FRUIT**	**SEASONAL FRUIT**	**NATURAL YOGHURT** (7)	**SEASONAL FRUIT**
Dinner suggestion: Pasta soup and french omelette with salad	Dinner suggestion: Salad and vegetable pie with tomato	Dinner suggestion: Vegetable pie with crushed tomato and couscous	Dinner suggestion: Varied homemade pizza	Dinner suggestion: Mixed salad and chickpea and tomato croquettes.

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