

OVO-VEGETARIAN MENU

April 2024



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 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5

ALL

(1) Cacao (2) Strawberries (3) Egg (4) Milk (5) Flour (6) Soya (7) Milk (8) Flax (9) Sesame (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
CREAM OF SEASONAL VEGETABLES	PASTA WITH PESTO SAUCE	CHICKPEAS SALAD	CREAM OF SEASONAL VEGETABLES	HUMMUS WITH CRUDITÉS
o	(garlic, vegetable milk, marjoram) (1,3)	(spinach, almonds, lemon) (8)	o	(carrots, peppers or peppers) (11)
CHILLI WITH BASMATI RICE	SALAD	POTATO OMELETTE WITH SALAD	HEURA WITH SAUTEED VEGETABLES	VEGETABLE PAELLA
o	o	(3)	o	(onion, pepper, garlic, tomato, peas, artichoke)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Mixed salad and chickpea and tomato croquettes.	Quinoa salad and risotto with vegetables and mushrooms	Mexican pancakes with sautéed vegetables and beans	Millet and vegetable soup	Amaranth tabbouleh with pistachios and nuts

ALL
(1) C

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES	CREAM OF SEASONAL VEGETABLES	PASTA WITH CHERRY TOMATOES	LENTILS SALAD	HUMMUS WITH CRUDITÉS
(onion, carrot, red pepper, broth) (1)	o	(1)	(apple, carrot, onion, tomato)	(carrots, peppers or peppers) (11)
SAUTEED VEGETABLES	TOFU WITH TUMBET	"ESCALIVADA"	FRENCH OMELETTE WITH VEGETABLES	HOMEMADE TEXTURED SOY LASAGNE WITH TOMATO SAUCE
(11)	(red pepper, aubergine, spring onion or leek) (6)	(tomato, red pepper, onion, aubergine)	(3)	(1,6)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Pea spirals with sautéed vegetables	Pasta soup and sautéed peas with onion	Quinoa with seasonal vegetables and goat cheese	Tabbouleh and vegetable cakes with apple sauce	Lentils stewed with vegetables, potato and onion with vinegar

ALL

(1) Cauliflower (2) Brussels sprouts (3) Egg (4) Fish (5) Potatoes (6) Soy (7) Milk (8) Flax (9) Seedy (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
LEEK CREAM	"FAJITAS"	PASTA SALAD	CREAM OF SEASONAL VEGETABLES	PANZANELLA SALAD
o	(onion, pepper, carrot)	o	o	(red onion, garlic, tomato, basil, rocket, toasted bread) (1)
"TREMPO"	SCRAMBLED EGGS WITH TOMATO	SALAD	TEMPEH IN CURRY WITH BASMATI RICE	VEGETABLE FIDEUA
(tomato, onion, pepper)	(3)	(mixed leaves, tomato, olives)	(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley) (6)	(onion, garlic, red pepper, green pepper, tomato) (1)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Varied homemade pizza	Salad and vegetable pie with tomato and bread	Vegetable pie with crushed tomato and couscous	Mixed salad and potato, onion and parsley omelette	Vegetable Spirals with Curried Vegetables

ALL

(1) Cauliflower (2) Brussels sprouts (3) Egg (4) Milk (5) Tomato (6) Soy (7) Milk (8) Flour (9) Sesame (10) Mustard (11) Sesame (12) (13) Rapeseed (14) Mustard

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Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
CREAM OF SEASONAL VEGETABLES	PASTA WITH PESTO SAUCE			
o	(garlic, vegetable milk, marjoram) (1,3)			
CHILLI WITH BASMATI RICE	SALAD			
o	o			
SEASONAL FRUIT	SEASONAL FRUIT			
Mixed salad and chickpea and tomato croquettes.	Quinoa salad and risotto with vegetables and mushrooms			

ALL

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