

# GLUTEN-FREE 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) Gluten (2) Soybeans (3) Egg (4) Milk (5) Peanuts (6) Soya (7) Milk (8) Nuts (9) Sesame (10) Mustard (11) Sesame (12) (13) Lupine (14) Mustard

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>CREAM OF SEASONAL VEGETABLES</b>	<b>GLUTEN-FREE PASTA WITH PESTO SAUCE</b>	<b>CHICKPEAS SALAD</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>HUMMUS WITH CRUDITÉS</b>
o	(garlic, vegetable milk, marjoram)	(spinach, almonds, feta cheese, lemon) (7,8)	o	(carrots, peppers or peppers) (11)
<b>CHILLI WITH MEAT and BASMATI RICE</b>	<b>BAKED SALMON WITH SALAD</b>	<b>POTATO OMELETTE WITH SALAD</b>	<b>ROAST CHICKEN WITH SAUTEED VEGETABLES</b>	<b>BLACK RICE</b>
o	(4)	(3)	o	(onion, pepper, garlic, tomato, cuttlefish, fish stock, ink) (14)
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
Mixed salad and chickpea and tomato croquettes.	Quinoa salad and risotto with vegetables and mushrooms	Mexican pancakes with sautéed vegetables and beans	Seafood stew with vegetables and buckwheat	Amaranth tabbouleh with pistachios and nuts

ALL  
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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>QUINOA WITH SAUTÉED VEGETABLES</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>GLUTEN-FREE PASTA WITH CHERRY TOMATOES</b>	<b>LENTILS SALAD</b>	<b>HUMMUS WITH CRUDITÉS</b>
(onion, carrot, red pepper, broth)	o	o	(apple, carrot, onion, tomato)	(carrots, peppers or peppers) (11)
<b>FISH WITH SAUTEED VEGETABLES</b>	<b>PORK LOIN WITH TUMBET</b>	<b>COD WITH "ESCALIVADA"</b>	<b>FRENCH OMELETTE WITH VEGETABLES</b>	<b>GLUTEN-FREE PASTA WITH VEAL AND PORK AND TOMATO SAUCE</b>
(4,11)	(red pepper, aubergine, spring onion or leek)	(tomato, red pepper, onion, aubergine) (4)	(3)	(3)
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
Pea spirals with sautéed vegetables	Gluten-free pasta soup and sautéed peas with ham	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) Gluten (2) Soybeans (3) Egg (4) Fish (5) Peanuts (6) Soya (7) Milk (8) Nuts (9) Celery (10) Mustard (11) Sesame (12) Wheat (13) Lupine (14) Molluscs

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>LEEK CREAM</b>	<b>"FAJITAS"</b>	<b>GLUTEN-FREE PASTA SALAD</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>PANZANELLA SALAD</b>
o	(onion, pepper, carrot)	o	o	(red onion, garlic, tomato, basil, rocket, toasted bread) (1)
<b>RAPE ROLLS WITH "TREMPÓ"</b>	<b>SCRAMBLED EGGS WITH TOMATO</b>	<b>FISH WITH SALAD</b>	<b>CHICKEN STRIPS IN CURRY WITH BASMATI RICE</b>	<b>GLUTEN-FREE FISH FIDEUA</b>
(potato, egg, spices, peeled shrimp, tomato, onion, pepper) (1,2,3,4,14)	(3)	(mixed leaves, tomato, olives) (4)	(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley)	(onion, garlic, red pepper, green pepper, tomato, monkfish) (2,4,14)
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
Varied homemade pizza	Salad and vegetable pie with tomato	Vegetable pie with crushed tomato and couscous	Mixed salad and potato, onion and parsley omelette	Vegetable Spirals with Curried Vegetables

ALL

(1) Chicken (2) Strawberries (3) Egg (4) Fish (5) Carrots (6) Eggs (7) Milk (8) Rice (9) Salsify (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
<b>CREAM OF SEASONAL VEGETABLES</b>	<b>GLUTEN-FREE PASTA WITH PESTO SAUCE</b>			
o	(garlic, vegetable milk, marjoram)			
<b>CHILLI WITH MEAT and BASMATI RICE</b>	<b>BAKED SALMON WITH SALAD</b>			
o	(4)			
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>			
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