

LACTOSE-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) Chicken (2) Strawberries (3) Egg (4) Milk (5) Peanuts (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 MEAT and BASMATI RICE	BAKED SALMON WITH SALAD	POTATO OMELETTE WITH SALAD	ROAST CHICKEN WITH SAUTEED VEGETABLES	BLACK RICE
o	(4)	(3)	o	(onion, pepper, garlic, tomato, cuttlefish, fish stock, ink) (14)
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	Seafood stew with vegetables and buckwheat	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)
FISH WITH SAUTEED VEGETABLES	PORK LOIN WITH TUMBET	COD WITH "ESCALIVADA"	FRENCH OMELETTE WITH VEGETABLES	HOMEMADE VEAL AND PORK LASAGNE WITH TOMATO SAUCE
(4,11)	(red pepper, aubergine, spring onion or leek)	(tomato, red pepper, onion, aubergine) (4)	(3)	(1,3)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Pea spirals with sautéed vegetables	Pasta soup and sautéed peas with ham	Quinoa with seasonal vegetables	Tabbouleh and vegetable cakes with apple sauce	Lentils stewed with vegetables, potato and onion with vinegar

ALL

(1) Chicken (2) Strawberries (3) Egg (4) Fish (5) Carrots (6) Eggs (7) Milk (8) Rice (9) Saffron (10) Macadamia (11) Sesame (12) (13) Lentils (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)
RAPE ROLLS WITH "TREMPÓ"	SCRAMBLED EGGS WITH TOMATO	FISH WITH SALAD	CHICKEN STRIPS IN CURRY WITH BASMATI RICE	FISH FIDEUA
(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) (1,2,4,14)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Varied homemade pizza with lactose-free cheese	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) Cacao (2) Strawberries (3) Egg (4) Milk (5) Peanut (6) Sesame (7) Soy (8) Milk (9) Fish (10) Shell (11) Mustard (12) Sesame (13) Egg (14) Melon

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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 MEAT and BASMATI RICE	BAKED SALMON WITH SALAD			
o	(4)			
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