

OVO-VEGETARIAN MENU

May 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 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
			CREAM OF SEASONAL VEGETABLES	HUMMUS WITH CRUDITÉS
			o	(carrots, peppers or peppers) (11)
			TEMPEH IN CURRY WITH BASMATI RICE	VEGETABLE PAELLA
			(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley) (6)	(onion, pepper, garlic, tomato, peas, artichoke)
			SEASONAL FRUIT	SEASONAL FRUIT
			Mixed salad and potato, onion and parsley omelette	Amaranth tabbouleh with pistachios and nuts

ALL

(1) Cashew (2) Strawberries (3) Egg (4) Fish (5) Peas (6) Soy (7) Milk (8) Rice (9) Celeriac (10) Macadamia (11) Sesame (12) Olive (13) Lupine (14) Melon

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Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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) C

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Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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	HEURA WITH SAUTEED VEGETABLES	VEGETABLE FIDEUA
(tomato, onion, pepper)	(3)	(mixed leaves, tomato, olives)	o	(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	Millet and vegetable soup	Vegetable Spirals with Curried Vegetables

ALL

(1) Cakes (2) Bread (3) Egg (4) Milk (5) Peanut (6) Sugar (7) Milk (8) Flour (9) Oil (10) Mustard (11) Sesame (12) Vinegar (13) Mustard

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Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
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) Cacao (2) Strawberries (3) Egg (4) Milk (5) Carrots (6) Soya (7) Milk (8) Flax (9) Celeriac (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
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) 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