

## GLUTEN AND LACTOSE FREE 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
			<b>CREAM OF SEASONAL VEGETABLES</b>	<b>HUMMUS WITH CRUDITÉS</b>
			o	(carrots, peppers or peppers) (11)
			<b>CHICKEN STRIPS IN CURRY WITH BASMATI RICE</b>	<b>BLACK RICE</b>
			(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley)	(onion, pepper, garlic, tomato, cuttlefish, fish stock, ink) (14)
			<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
			Mixed salad and potato, onion and parsley omelette	Amaranth tabbouleh with pistachios and nuts

ALL

(1) Chicken (2) Strawberries (3) Egg (4) Fish (5) Carrots (6) Soya (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
<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	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
<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>ROAST CHICKEN WITH SAUTEED VEGETABLES</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)	o	(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 with lactose-free cheese	Salad and vegetable pie with tomato	Vegetable pie with crushed tomato and couscous	Seafood stew with vegetables and buckwheat	Vegetable Spirals with Curried Vegetables

ALL

(1) Chicken (2) Strawberries (3) Egg (4) Fish (5) Carrots (6) Eggs (7) Milk (8) Rice (9) Saffron (10) Mustard (11) Sesame (12) Yogurt (13) Lemons (14) Melons

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Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<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, lemon) (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

(1) Chicken (2) Strawberries (3) Egg (4) Milk (5) Carrots (6) Eggs (7) Milk (8) Rice (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
<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	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