

**VEGAN 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>TEMPEH IN CURRY WITH BASMATI RICE</b>	<b>VEGETABLE PAELLA</b>
			(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley) (6)	(onion, pepper, garlic, tomato, peas, artichoke)
			<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
			Mixed salad	Amaranth tabbouleh with pistachios and nuts

ALL

(1) Cashew (2) Strawberries (3) Egg (4) Milk (5) Carrots (6) Soya (7) Milk (8) Rice (9) Cumin (10) Mustard (11) Sesame (12) Olive (13) Lentils

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Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<b>INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>PASTA WITH CHERRY TOMATOES</b>	<b>LENTILS SALAD</b>	<b>HUMMUS WITH CRUDITÉS</b>
(onion, carrot, red pepper, broth) (1)	o	(1)	(apple, carrot, onion, tomato)	(carrots, peppers or peppers) (11)
<b>SAUTEED VEGETABLES</b>	<b>TOFU WITH TUMBET</b>	<b>"ESCALIVADA"</b>	<b>SAUTEED VEGETABLES</b>	<b>HOMEMADE TEXTURED SOY LASAGNE WITH TOMATO SAUCE</b>
(11)	(red pepper, aubergine, spring onion or leek) (6)	(tomato, red pepper, onion, aubergine)	(11)	(1,6)
<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	Pasta soup and sautéed peas with onion	Quinoa with seasonal vegetables	Tabbouleh and vegetable cakes with apple sauce	Lentils stewed with vegetables, potato and onion with vinegar

ALL  
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Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<b>LEEK CREAM</b>	<b>"FAJITAS"</b>	<b>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>"TREPÓ"</b>	<b>SALAD</b>	<b>SALAD</b>	<b>HEURA WITH SAUTEED VEGETABLES</b>	<b>VEGETABLE FIDEUA</b>
(tomato, onion, pepper)	(mixed leaves, carrots, olives)	(mixed leaves, tomato, olives)	o	(onion, garlic, red pepper, green pepper, tomato) (1)
<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 and bread	Vegetable pie with crushed tomato and couscous	Millet and vegetable soup	Vegetable Spirals with Curried Vegetables

ALL

(1) Cashew (2) Strawberries (3) Egg (4) Milk (5) Peanut (6) Sesame (7) Soy (8) Milk (9) Flax (10) Sesame (11) Mustard (12) Sesame (13) Flax (14) Sesame (15) Mustard



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Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>CREAM OF SEASONAL VEGETABLES</b>	<b>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) (1,3)	(spinach, almonds, lemon) (8)	o	(carrots, peppers or peppers) (11)
<b>CHILLI WITH BASMATI RICE</b>	<b>SALAD</b>	<b>SALAD</b>	<b>HEURA WITH SAUTEED VEGETABLES</b>	<b>VEGETABLE PAELLA</b>
o	o	(leaves, carrot, apple, nuts) (8)	o	(onion, pepper, garlic, tomato, peas, artichoke)
<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	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
<b>INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>PASTA WITH CHERRY TOMATOES</b>	<b>LENTILS SALAD</b>	<b>HUMMUS WITH CRUDITÉS</b>
(onion, carrot, red pepper, broth) (1)	o	(1)	(apple, carrot, onion, tomato)	(carrots, peppers or peppers) (11)
<b>SAUTEED VEGETABLES</b>	<b>TOFU WITH TUMBET</b>	<b>"ESCALIVADA"</b>	<b>SAUTEED VEGETABLES</b>	<b>HOMEMADE TEXTURED SOY LASAGNE WITH TOMATO SAUCE</b>
(11)	(red pepper, aubergine, spring onion or leek) (6)	(tomato, red pepper, onion, aubergine)	(11)	(1,6)
<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	Pasta soup and sautéed peas with onion	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