

OVO-VEGETARIAN MENU

July 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
PASTA WITH CHERRY TOMATOES	HUMMUS WITH CRUDITÉS	CREAM OF SEASONAL VEGETABLES	INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES	WALDORF SALAD
(1)	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth) (1)	(lettuce hearts, apple, walnuts, sauce) (3,8)
"ESCALIVADA"	TOFU WITH TUMBET	SCRAMBLED EGGS WITH TOMATO	HEURA WITH SAUTEED VEGETABLES	VEGETABLE PAELLA
(tomato, red pepper, onion, aubergine)	(red pepper, aubergine, spring onion or leek) (6)	(3)	o	(onion, pepper, garlic, tomato, peas, artichoke)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Dinner suggestion: Quinoa with seasonal vegetables and goat cheese	Lentils stewed with vegetables, potato and onion with vinegar	Mixed salad and chickpea and tomato croquettes.	Pea spirals with sautéed vegetables	Vegetable Spirals with Curried Vegetables

ALL

(1) Cauliflower (2), Brussels sprouts (2), Egg (1), Fish (2), Carrots (2), Beans (1), Milk (2), Pasta (2), Celeriac (1), Macadamia (1), Sesame (1/2), Olive (1), Pumpkin (1), Melon (2)

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
COLESLAW SALAD	PASTA WITH PESTO SAUCE	LEEK CREAM	CHICKPEAS SALAD	CREAM OF SEASONAL VEGETABLES
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram) (1,3)	o	(spinach, almonds, lemon) (8)	o
VEGAN HOT DOG WITH CHIPS	SALAD	CHILLI WITH BASMATI RICE	SAUTEED VEGETABLES	"FAJITAS"
o	o	o	(11)	(onion, pepper, carrot)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Vegetable pie with crushed tomato and couscous	Quinoa salad and risotto with vegetables and mushrooms	Varied homemade pizza	Mexican pancakes with sautéed vegetables and beans	Millet and vegetable soup

ALL
(1) C

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
SALAD	CARBONARA PASTA	CREAM OF SEASONAL VEGETABLES	GAZPACHO	LENTILS SALAD
o	o	o	o	(apple, carrot, onion, tomato)
VEGAN BURGER WITH CHIPS	POTATO OMELETTE WITH SALAD	"TREPÓ"	TEMPEH IN CURRY WITH BASMATI RICE	VEGAN BURGER WITH CHIPS
o	(3)	(tomato, onion, pepper)	(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley) (6)	o
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Millet and vegetable soup	Mixed salad and potato, onion and parsley omelette	Mixed salad and chickpea and tomato croquettes.	Pasta soup and sautéed peas with onion	Tabbouleh and vegetable cakes with apple sauce

ALL

(1) Cauliflower (2) Brussels sprouts (3) Egg (4) Mushroom (5) Carrots (6) Soy (7) Milk (8) Flour (9) Celery (10) Macadamia (11) Sesame (12) (13) Lentils (14) Melon

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
PASTA WITH CHERRY TOMATOES	HUMMUS WITH CRUDITÉS	CREAM OF SEASONAL VEGETABLES	INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES	WALDORF SALAD
(1)	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth) (1)	(lettuce hearts, apple, walnuts, sauce) (3,8)
"ESCALIVADA"	TOFU WITH TUMBET	SCRAMBLED EGGS WITH TOMATO	HEURA WITH SAUTEED VEGETABLES	VEGETABLE PAELLA
(tomato, red pepper, onion, aubergine)	(red pepper, aubergine, spring onion or leek) (6)	(3)	o	(onion, pepper, garlic, tomato, peas, artichoke)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Quinoa with seasonal vegetables and goat cheese	Lentils stewed with vegetables, potato and onion with vinegar	Mixed salad and chickpea and tomato croquettes.	Pea spirals with sautéed vegetables	Vegetable Spirals with Curried Vegetables

ALL

(1) Cacao (2) Strawberries (3) Egg (4) Milk (5) Carrots (6) Soy (7) Milk (8) Rice (9) Cider (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
COLESLAW SALAD	PASTA WITH PESTO SAUCE	LEEK CREAM		
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram) (1,3)	o		
VEGAN HOT DOG WITH CHIPS	SALAD	CHILLI WITH BASMATI RICE		
o	o	o		
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT		
Vegetable pie with crushed tomato and couscous	Quinoa salad and risotto with vegetables and mushrooms	Varied homemade pizza		

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