

GLUTEN AND LACTOSE FREE 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
GLUTEN-FREE PASTA WITH CHERRY TOMATOES	HUMMUS WITH CRUDITÉS	CREAM OF SEASONAL VEGETABLES	QUINOA WITH SAUTÉED VEGETABLES	WALDORF SALAD
o	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth)	(lettuce hearts, apple, walnuts, sauce) (3,8)
COD WITH "ESCALIVADA"	PORK LOIN WITH TUMBET	SCRAMBLED EGGS WITH TOMATO	ROAST CHICKEN WITH SAUTEED VEGETABLES	BLACK RICE
(tomato, red pepper, onion, aubergine) (4)	(red pepper, aubergine, spring onion or leek)	(3)	o	(onion, pepper, garlic, tomato, cuttlefish, fish stock, ink) (14)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Dinner suggestion: Quinoa with seasonal vegetables	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) Fish (5) Carrots (6) Soya (7) Milk (8) Rice (9) Celeriac (10) Macadamia (11) Sesame (12) Olive (13) Pumpkin (14) Melon

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
COLESLAW SALAD	GLUTEN-FREE PASTA WITH PESTO SAUCE	LEEK CREAM	CHICKPEAS SALAD	CREAM OF SEASONAL VEGETABLES
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram)	o	(spinach, almonds, lemon) (8)	o
HOT DOG WITH CHIPS	BAKED SALMON WITH SALAD	CHILLI WITH MEAT and BASMATI RICE	FISH WITH SAUTEED VEGETABLES	"FAJITAS"
o	(4)	o	(4,11)	(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 with lactose-free cheese	Mexican pancakes with sautéed vegetables and beans	Seafood stew with vegetables and buckwheat

ALL
(1) C

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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
SALAD	GLUTEN-FREE CARBONARA PASTA	CREAM OF SEASONAL VEGETABLES	GAZPACHO	LENTILS SALAD
o	o	o	o	(apple, carrot, onion, tomato)
BURGER WITH CHIPS	POTATO OMELETTE WITH SALAD	RAPE ROLLS WITH "TREMPO"	CHICKEN STRIPS IN CURRY WITH BASMATI RICE	GLUTEN-FREE FISH FIDEUA
o	(3)	(potato, egg, spices, peeled shrimp, tomato, onion, pepper) (1,2,3,4,14)	(garlic, tomato, ginger, curry, turmeric, cumin, coconut milk, parsley)	(onion, garlic, red pepper, green pepper, tomato, monkfish) (2,4,14)
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.	Gluten-free pasta soup and sautéed peas with ham	Tabbouleh and vegetable cakes with apple sauce

ALL (1) Gluten (2) Soybeans (3) Egg (4) Fish (5) Peanuts (6) Soy (7) Milk (8) Raw (9) Celery (10) Mustard (11) Sesame (12) (13) Lupine (14) Melons

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
GLUTEN-FREE PASTA WITH CHERRY TOMATOES	HUMMUS WITH CRUDITÉS	CREAM OF SEASONAL VEGETABLES	QUINOA WITH SAUTÉED VEGETABLES	WALDORF SALAD
o	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth)	(lettuce hearts, apple, walnuts, sauce) (3,8)
COD WITH "ESCALIVADA"	PORK LOIN WITH TUMBET	SCRAMBLED EGGS WITH TOMATO	ROAST CHICKEN WITH SAUTEED VEGETABLES	BLACK RICE
(tomato, red pepper, onion, aubergine) (4)	(red pepper, aubergine, spring onion or leek)	(3)	o	(onion, pepper, garlic, tomato, cuttlefish, fish stock, ink) (14)
SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
Quinoa with seasonal vegetables	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) C... (2) ... (3) Egg ... (4) ... (5) ... (6) ... (7) ... (8) ... (9) ... (10) ... (11) ... (12) ... (13) ... (14) ...

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Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
COLESLAW SALAD	GLUTEN-FREE PASTA WITH PESTO SAUCE	LEEK CREAM		
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram)	o		
HOT DOG WITH CHIPS	BAKED SALMON WITH SALAD	CHILLI WITH MEAT and BASMATI RICE		
o	(4)	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 with lactose-free cheese		

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