

## 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
<b>PASTA WITH CHERRY TOMATOES</b>	<b>HUMMUS WITH CRUDITÉS</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES</b>	<b>WALDORF SALAD</b>
(1)	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth) (1)	(lettuce hearts, apple, walnuts, sauce) (3,8)
<b>COD WITH "ESCALIVADA"</b>	<b>PORK LOIN WITH TUMBET</b>	<b>SCRAMBLED EGGS WITH TOMATO</b>	<b>ROAST CHICKEN WITH SAUTEED VEGETABLES</b>	<b>BLACK RICE</b>
(tomato, red pepper, onion, aubergine) (4)	(red pepper, aubergine, spring onion or leek)	(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>
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) Cashew (2) Strawberries (3) Egg (4) Fish (5) Carrots (6) Soy (7) Milk (8) Rice (9) Celeriac (10) Macadamia (11) Sesame (12) (13) Lupine (14) Melon

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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>COLESLAW SALAD</b>	<b>PASTA WITH PESTO SAUCE</b>	<b>LEEK CREAM</b>	<b>CHICKPEAS SALAD</b>	<b>CREAM OF SEASONAL VEGETABLES</b>
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram) (1,3)	o	(spinach, almonds, lemon) (8)	o
<b>HOT DOG WITH CHIPS</b>	<b>BAKED SALMON WITH SALAD</b>	<b>CHILLI WITH MEAT and BASMATI RICE</b>	<b>FISH WITH SAUTEED VEGETABLES</b>	<b>"FAJITAS"</b>
o	(4)	o	(4,11)	(onion, pepper, carrot)
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
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  
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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>SALAD</b>	<b>CARBONARA PASTA</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>GAZPACHO</b>	<b>LENTILS SALAD</b>
o	o	o	o	(apple, carrot, onion, tomato)
<b>BURGER WITH CHIPS</b>	<b>POTATO OMELETTE WITH SALAD</b>	<b>RAPE ROLLS WITH "TREMPO"</b>	<b>CHICKEN STRIPS IN CURRY WITH BASMATI RICE</b>	<b>FISH FIDEUA</b>
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) (1,2,4,14)
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>
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 ham	Tabbouleh and vegetable cakes with apple sauce

ALL

(1) Gluten (2) Soybeans (3) Egg (4) Fish (5) Peanuts (6) Soya (7) Milk (8) Nuts (9) Celery (10) Mustard (11) Sesame (12) Wheat (13) Lupine (14) Molluscs

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Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>PASTA WITH CHERRY TOMATOES</b>	<b>HUMMUS WITH CRUDITÉS</b>	<b>CREAM OF SEASONAL VEGETABLES</b>	<b>INTEGRAL COUSCUS WITH SAUTÉED VEGETABLES</b>	<b>WALDORF SALAD</b>
(1)	(carrots, peppers or peppers) (11)	o	(onion, carrot, red pepper, broth) (1)	(lettuce hearts, apple, walnuts, sauce) (3,8)
<b>COD WITH "ESCALIVADA"</b>	<b>PORK LOIN WITH TUMBET</b>	<b>SCRAMBLED EGGS WITH TOMATO</b>	<b>ROAST CHICKEN WITH SAUTEED VEGETABLES</b>	<b>BLACK RICE</b>
(tomato, red pepper, onion, aubergine) (4)	(red pepper, aubergine, spring onion or leek)	(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>
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) Chicken (2), Strawberries (3), Egg (4), Fish (5), Carrots (6), Soy (7), Milk (8), Rice (9), Celeriac (10), Macadamia (11), Sesame (12), Olive (13), Lentils (14)

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Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
<b>COLESLAW SALAD</b>	<b>PASTA WITH PESTO SAUCE</b>	<b>LEEK CREAM</b>		
(cabbage, onion, apple, carrot)	(garlic, vegetable milk, marjoram) (1,3)	o		
<b>HOT DOG WITH CHIPS</b>	<b>BAKED SALMON WITH SALAD</b>	<b>CHILLI WITH MEAT and BASMATI RICE</b>		
o	(4)	o		
<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>	<b>SEASONAL FRUIT</b>		
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