

**I WEEK** 04-08 February / 04-08 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pasta with Tomatoes &amp; Basil</b> All: Gluten  <b>Cream of Carrots</b> All: Celery  <b>Chicken Salad</b> All: /  <b>Potatoes and spinach flan</b> All: Milk, Eggs  <b>Steamed Vegetables Mix</b>	<b>Pasta "Amatriciana"</b> All: Gluten, Milk  <b>Spelt Soup</b> All: Celery  <b>Beef steak with Vegetables</b> All: /  <b>Vegetarian Parmigiana</b> All: Milk  <b>Spinach</b>	<b>Risotto with Zaffron</b> All: Milk  <b>Pasta with Chickpeas</b> All: Gluten  <b>Chicken Drumsticks</b> All: /  <b>Baked Ricotta Cheese</b> All: Milk  <b>Green Beans</b>	<b>Gnocchi "Bolognese"</b> All: Gluten  <b>Cream of Vegetables</b> All: Celery  <b>Beef Burgers</b> All: Eggs, Milk, Gluten  <b>Potatoes Omelette</b> All: Egg, Milk  <b>Green Peas</b>	<b>Pizza Margherita</b> All: Gluten, Milk  <b>Mixed Cereals soup</b> All: Celery  <b>Vegetable Gratin</b> All: Milk, Gluten  <b>Breaded Plaice Fish</b> All: Gluten, Fish  <b>Brussels Sprouts</b>

**II WEEK** 11-15 February / 11-15 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pasta with Broccoli &amp; Bacon</b> All: Gluten  <b>Cream of Vegetables</b> All: Celery  <b>Turkey, chicken &amp; Pork Sausages</b>  <b>Vegetarian Flan</b> All: Milk, Eggs  <b>Steamed Vegetables</b>	<b>Pasta "Marinara"</b> All: Gluten  <b>Soup of Chickpeas</b> All: Celery  <b>Roasted Turkey</b>  <b>Parmigiana</b> All: Milk  <b>Cauliflower Gratin</b>	<b>Pasta "Arrabbiata"</b> All: Gluten  <b>Pasta with Beans</b> All: Gluten, Celery  <b>Sliced Beef</b>  <b>Vegetarian Cous Cous</b> All: Gluten  <b>Spinach</b>	<b>Fettuccine "Bolognese"</b> All: Gluten  <b>Soup of Vegetables</b> All: Celery  <b>Beef Steak with Vegetables</b>  <b>Vegetarian Soufflé</b> All: Milk  <b>Potatoes</b>	<b>Pasta with Tuna</b> All: Fish, Gluten  <b>Cream of Potatoes and Carrots</b> All: Celery  <b>Vegetarian "Paella"</b>  <b>Sea Bream Fish</b> All: Fish  <b>Carrots</b>

**III WEEK** 18-22 February / 18-22 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pasta with Tomatoes &amp; Basil</b> All: Gluten  <b>Pasta and Lentils</b> All: Celery  <b>Chicken with Curry</b> All: Gluten  <b>Baked Ricotta Cheese</b> All: Milk  <b>Green Peas</b>	<b>Pasta "Amatriciana"</b> All: Gluten, Milk  <b>Cream of Spinach</b> All: Celery  <b>Beef Strips</b>  <b>Flavored Omelette</b> All: Eggs, Milk  <b>Baked Potatoes</b>	<b>Pasta "Sorrentina"</b> All: Gluten, Milk  <b>Cream of Potatoes, Paprika &amp; Carrots</b> All: Celery  <b>Beef Burgers</b> All: Eggs, Milk, Gluten  <b>Vegetarian Cous Cous</b> All: Gluten  <b>Baked Potatoes</b>	<b>Gnocchi "Bolognese"</b> All: Gluten  <b>Cream of Vegetables</b> All: Celery  <b>Chicken Drumsticks</b>  <b>Vegetarian Parmigiana</b> All: Milk  <b>Green Peas</b>	<b>Pizza Margherita</b> All: Gluten, Milk  <b>Soup of mixed Cereals</b> All: Celery  <b>Plaice Fish Medallions</b> All: Fish, Gluten  <b>Vegetable Gratin</b> All: / Milk, Gluten  <b>Brussels Sprout</b>

**IV WEEK** 25 February - 01 March / 25-29 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pasta "Arrabbiata"</b> All: Gluten, Milk  <b>Cream of Vegetables</b> All: Celery  <b>Chicken Drumsticks</b>  <b>Vegetarian Flan</b> All: Gluten, Milk, Eggs  <b>Spinach</b>	<b>Pasta with Pesto Sauce</b> All: Gluten, Milk  <b>Spelt Soup</b> All: Celery  <b>Chicken with Lemon</b>  <b>Spinach Omelette</b> All: Milk, Eggs  <b>Broccoli</b>	<b>Pasta "Carbonara"</b> All: Gluten, Eggs, Pork  <b>Soup of Green Peas &amp; Rice</b>  <b>Beef Steak with Vegetables</b>  <b>Vegetarian Soufflé</b> All: Milk  <b>Steamed Potatoes</b>	<b>Fettuccine "Bolognese"</b> All: Gluten  <b>Parmentier Soup</b> All: Celery, Gluten  <b>Beef Burgers</b> All: Eggs, Milk, Gluten  <b>Vegetarian Cous Cous</b>  <b>Steamed Carrots</b>	<b>Risotto with Tomatoes</b>  <b>Soup of Vegetables</b> All: Celery  <b>Sea Bream Fish</b> All: Fish  <b>Suppli of Veggies</b> All: Eggs, Milk, Gluten  <b>Swiss Chard</b>

**EVERYDAY OPTIONS:**

Bread: Rosetta o Bifetta	Plain Pasta
FRUIT: 3 Different Types	Plain Rice
Panini: (mortadella, salami, cheese)	Pasta or Rice with Tomato sauce

Salad Bar: several raw veggies choice