

| WEKK FROM JUNE 02ND TO JUNE 08TH |    |  |    |                                   |  |
|----------------------------------|----|--|----|-----------------------------------|--|
| WEEK 1                           |    | LUNCH                                    |    | DINNER                            |  |
| MONDAY                           | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | TYPICAL CANARY MEAL "ROPA VIEJA" 3-12    | So | CHICKEN AND PASTA SOUP 1          |  |
|                                  | C  | "BONDIOLA" GALLEGA'S STYLE               | E  | AMERICAN HAMBURGER                |  |
|                                  | D  | GRILLED STOKER FISH 4                    | F  | COD PORTUGUESE STYLE              |  |
|                                  | V  | VEGETABLE CAKE 1-3-7                     | V  | BREADED BROCOLI 1-3               |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    | OP: OTHER OPTION SECOND DISH             |    |                                   |  |
| TUESDAY                          | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | POTAJE "ASTURIANO" STYLE 12              | SO | MUSHROOM CREAM 12                 |  |
|                                  | C  | RIOJANA STYLE PORK CHOPS                 | E  | GRILLED CHICKEN                   |  |
|                                  | D  | OMELETTE WITH TUNA AND VEGETABLES 3-4-12 | F  | PASTA IN SAILOR STYLE 1-4-12      |  |
|                                  | V  | EGG IN THE SPINACH NEST 3-6-7            | V  | VEGETABLE QUICHE 1-3-7            |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |
| WEDNESDAY                        | A  | RUSSIAN SALAD 3-4-7-12                   | S  | SALAD 3-4-12                      |  |
|                                  | B  | SWEET POTATOE CREAM                      | So | ZUCCHINI CREAM                    |  |
|                                  | C  | TYPICAL "SAN JACOBOS" 1-3-7-12           | E  | SPANISH OMELETTE 3                |  |
|                                  | D  | SAILOR PAELLA 2-4-12-13                  | F  | BAKED CHICKEN LEG                 |  |
|                                  | V  | VEGETABLES WITH HONEY SAUCE              | V  | VEGETABLE CAKE 1-3-7              |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |
| THURSDAY                         | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | VEGETABLE SOUP                           | So | CARROT CREAM                      |  |
|                                  | C  | BEEF SOUP 12                             | E  | PORK SIRLOIN IN SAUCE             |  |
|                                  | D  | "CHERNE" FISH IN GREEN "MOJO" SAUCE 4    | F  | BREADED HAKE 1-3-4                |  |
|                                  | V  | PASTA "PISTO" STYLE 1-3-12               | V  | "PISTO" WITH MANCHEGO CHEESE 12   |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |
| FRIDAY                           | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | CANARIAN "RANCHO"                        | So | VEGETABLE SOUP                    |  |
|                                  | C  | GRILLED BEEF STEAK                       | E  | CHICKEN BREAST 7                  |  |
|                                  | D  | BAKED COD WITH ONION 4-12                | F  | TUNA CAKE 1-3-4-7                 |  |
|                                  | V  | RICE "THREE DELIGHTS" 3                  | V  | ZUCCHINI OMELETTE 3               |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |
| SATURDAY                         | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | LENTILS "MOROCCAN STYLE"                 | So | CHICKEN AND PASTA SOUP 1          |  |
|                                  | C  | MEAT LASAGNA 1-3-4-12                    | E  | RUSSIAN STEAK IN SAUCE 1-3-10-12  |  |
|                                  | D  | COLOMBIAN POTATOE 1-3-4                  | F  | BAKED STOKER FISH 4               |  |
|                                  | V  | SCRAMBLED OF VEGETABLES 3                | V  | SAUTEED VEGETABLES WITH APPLE     |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |
| SUNDAY                           | A  | SALAD 3-4-12                             | S  | SALAD 3-4-12                      |  |
|                                  | B  | VEGETABLE SOUP                           | So | CHARD CREAM                       |  |
|                                  | C  | BAKED CHICKEN WITH PEACH 12              | E  | VEAL "FLAMENQUINES" 1-3-7         |  |
|                                  | D  | GRATEN COD WITH TOMATO 4-7-12            | F  | LASAGNA "SAILOR" STYLE 1-3-4-7-12 |  |
|                                  | V  | CATALONIAN STYLE SPINACH 3-7-8-10        | V  | PUMPKIN STUFFED WITH VEGETABLES 7 |  |
|                                  | OP | GRILLED TUNA                             | OP | GRILLED TUNA                      |  |
|                                  |    |  |    |                                   |  |

**FOOD ALLERGENS**  
 1. GLUTEN 2. CRUSTACEANS 3.EGGS 4.FISH 5.PEANUTS 6.SOYA 7.MILK 8.TREE NUTS 9. CELERY 10. MUSTARD 11. SESAME 12. SULPHITES 13.MOLLUSCS 14. LUPIN