

28 SEP	Starters		Main Courses					Desserts		
	 Salad	 Soup / Cream	 Vegetables	 Legumes	Rice / Cereals	 Simple Pasta	 Stuffed Pasta	 Cake	 Fruit	Kefir
02 OCT	Mixed green leaves, sweet potato, pinto beans, carrot, tomato, celery and sumac vinaigrette	Seasonal vegetable escudella (leek, pumpkin, green cabbage, carrot, potato, chickpeas and noodles)	Potato, spinach and mushroom pie, oven-baked with a mild pumpkin mayonnaise and pine nuts	Moroccan mini burger with chipotle sour sauce and sautéed peppers	Corn tortillas filled with vegetables, mushrooms and Emmental cheese, served with guacamole and pico de gallo	Whole-wheat spaghetti with plant-based protein Bolognese and crispy kale	Mushroom cannelloni with truffled soy-milk béchamel	Vegan chocolate and walnut brownie with white chocolate and yogurt sauce	Apple compote with spiced crumble and coconut frosting	Kefir and mango smoothie
05 OCT	Starters		Main Courses					Desserts		
	 Salad	 Soup / Cream	 Vegetables	 Legumes	 Rice / Cereals	 Simple Pasta	 Stuffed Pasta	 Cake	 Fruit	 Kefir
09 OCT	Lettuce, spinach, tomato, walnuts and gruyère cheese with fig vinaigrette	Pumpkin soup with coconut milk and ginger	Tofu with eggplant, shiitake mushrooms, teriyaki sauce and sesame	Chickpeas with potatoes and mushrooms in a Mediterranean-style sauce	Soy meatballs with tomato sauce, mushrooms, spring garlic and diced potatoes	Whole-wheat penne with pineapple, sweetcorn, goat cheese and Piquillo pepper mojo	Vegan chicken lasagna with chilindrón sauce	Vegan Black Forest cake with cherry jam	Crème brûlée with banana and walnuts	Kefir with nuts and honey
12 OCT	Starters		Main Courses					Desserts		
	 Salad	 Soup / Cream	 Vegetables	 Legumes	Rice / Cereals	 Simple Pasta	 Stuffed Pasta	Cake	 Fruit	Kefir
16 OCT	Vegan Caesar salad (romaine lettuce, carrot, sweetcorn, croutons and vegan “chicken” bites)	Cauliflower soup with walnuts and cumin	Piquillo peppers stuffed with leeks, almonds and coconut cream, served with basmati rice	Pardino lentil stew with eggplant, pomegranate, cilantro and sesame yogurt	Curried polenta with pumpkin, grilled portobello mushrooms, green asparagus and a poached egg	Fideuà with seaweed and seasonal mushrooms, served with soy aioli	Sweet potato and pear cuores with coconut and walnut sauce	Chocolate fondant cake	Apple "membrillo" with sheep's cheese and caramelized walnuts	Kefir with banana and dates
19 OCT	Starters		Main Courses					Desserts		
	 Salad	 Soup / Cream	Vegetables	 Legumes	 Rice / Cereals	 Simple Pasta	 Stuffed Pasta	 Cake	 Fruit	 Kefir
23 OCT	Roasted pumpkin and beetroot with buckwheat, pomegranate, goat cheese and walnuts	Moroccan soup (chickpeas, turnip, fennel, cumin and mint)	Mushrooms with asparagus and a poached egg on a potato and sweet potato parmentier	Crispy burger with grilled onions, pickles, ketchup and roasted sweet potato	Brown rice risotto with mushrooms and spinach in a vegan cream sauce	Black tagliatelle with cauliflower Alfredo sauce, mushrooms and Parmesan cheese	Ricotta and spinach ravioli with pumpkin cream, raisins and pine nuts	Apple tart with vegan crème anglaise	Chia-chai with turmeric, pomegranate and cashews	Kefir with nuts and honey
26 OCT	Starters		Main Courses					Desserts		
	Salad	 Soup / Cream	 Vegetables	 Legumes	 Rice / Cereals	 Simple Pasta	 Stuffed Pasta	 Cake	 Fruit	Kefir
30 OCT	Mixed green leaves, mushrooms, celery, fennel, grated tomato, lemon and parmesan cheese	Sweet potato soup with potato chips and pumpkin seeds	Wok-fried vegetables with tofu and white wine	Curried lentils with diced apple and potato	Couscous with vegetables, chickpeas and seitan	Spaghetti with "foie gras" sauce, mushrooms and caramelized apple	Seitan and gorgonzola cheese cuores with stroganoff sauce	Sweet potato, apple and cinnamon cake	Catalan cream with mango and a coconut truffle	Kefir and apple smoothie