

SPECIAL MENU

GOLDEN WEEK

GLUTEN

FISH

MILK

SHELLFISH

EGGS

NUTS

SESAME SEEDS

MOLLUSCS

CELERY

MUSTARD

SOYA

SULPHITES



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| MONDAY Touch Day | MORNING SNACK | | Yoghurt / Fruit and crackers   |
| | LUNCH | SOUP | Vegetable and beetroot soup |
| | | MAIN DISH | Strips of cuttlefish with carrot rice and carrot sticks   |
| | | SIDES | Salads (beetroot, white bean, couscous, pepper, Russian and Greek) |
| | | VEG. DISH | Bean and beetroot "meatballs" with carrot rice |
| | | DESSERT | Melon |
| | AFTERNOON SNACK | | Scone with jam   |
| TUESDAY Sight Day | MORNING SNACK | | Yoghurt / Fruit and crackers   |
| | LUNCH | SOUP | Spring soup |
| | | MAIN DISH | Tricolour pasta salad with tuna and egg    |
| | | SIDES | Salads (beetroot, white bean, couscous, pepper, Russian and Greek) |
| | | VEG. DISH | Vegetable crêpes with tricolour pasta   |
| | | DESSERT | Multi-colored gelatine |
| | AFTERNOON SNACK | | Beetroot, corn, rye and carob bread with a variety of garnishes  |
| WEDNESDAY Hearing Day | MORNING SNACK | | Yoghurt / Fruit and crackers   |
| | LUNCH | SOUP | Vegetable soup with croutons  |
| | | MAIN DISH | Chicken burger with thin-cut chips |
| | | SIDES | Salads (beetroot, white bean, couscous, pepper, Russian and Greek) |
| | | VEG. DISH | Bean burger with rice |
| | | DESSERT | Fruit chips |
| | AFTERNOON SNACK | | Yoghurt with granola   |
| THURSDAY Smell Day | MORNING SNACK | | Yoghurt / Fruit and crackers   |
| | LUNCH | SOUP | Vegetable soup with coriander |
| | | MAIN DISH | Chicken Tikka Masala   |
| | | SIDES | Salads (beetroot, white bean, couscous, pepper, Russian and Greek) |
| | | VEG. DISH | Vegetable curry with chickpeas and rice   |
| | | DESSERT | Fruit |
| | AFTERNOON SNACK | | Bread with chorizo  |
| FRIDAY Taste Day | MORNING SNACK | | Yoghurt / Fruit and crackers   |
| | LUNCH | SOUP | Carrot soup |
| | | MAIN DISH | Egg fried rice  |
| | | SIDES | Salads (beetroot, white bean, couscous, pepper, Russian and Greek) |
| | | VEG. DISH | Spinach croquettes with vegetable rice   |
| | | DESSERT | Fruit salad |
| | AFTERNOON SNACK | | Bread with Nutella   |

* The diet dish on Monday and Tuesday will be boiled fish with boiled potatoes, and on Wednesday, Thursday and Friday it will be grilled chicken breast with white rice.

 The meal may contain the following substances or their derivatives: gluten, fish, milk, shellfish, eggs, nuts, sesame seeds, molluscs, celery, mustard, soya and sulphites. For people without allergies or intolerances, these ingredients are harmless. If you need more information about the ingredients, please ask the staff.