

COMEDOR UNIVERSITARIO CAMPUS CARTUJA

19TH – 23RD JUNE 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIRST COURSE	RICE SALAD (PF/GF/LF) LENTILS AND VEGETABLES STEW (PF/LF/V/VE) GREEN BEANS (PF/GF/LF/V/VE)	GAZPACHO (PF/LF/V) MACARONI CHEESE (PF/LF/V) BEANS AND VEGETABLES (PF/GF/LF/V/VE)	SALAD (PF/GF/LF) CHICKPEAS AND VEGETABLES (PF/GF/LF/V/VE) PAELLA (GF/LF)	SALMOREJO (PF/LF/V/VE) SAUTÉED PEAS (PF/GF/LF/V/VE) POTATOES AND SQUID STEW (PF/GF/LF)	PASTA SALAD (PF/LF) BEEF AND VEGETABLE STEW (PF/GF/LF/V/VE) RICE AND VEGETABLES (PF/GF/LF/V/VE)
SECOND COURSE	BATTERED COD (PF) PORK STEAKS IN PEPPER SAUCE (GF) QUINOA MEAT-FREE BURGER (PF/LF/V/VE)	TUNA IN ONION SAUCE (PF/GF/LF) HAM CROQUETTES SPANISH POTATO OMELETTE (PF/GF/LF/V)	MARINATED DEEP FRIED FISH (PF) TOMATO PORK STEW (GF/LF) OVEN-BAKED EGGS (PF/GF/LF/V)	BILBAO STYLE COOKED POLLOCK (PF/SG/LF) SAN JACOBO (deep fried breaded Ham and cheese) POTATOES AND SCRAMBLED EGGS (PF/GF/LF/V)	WHITE FISH CUBES IN TOMATO SAUCE (PF/GF/LF) CHICKEN STEAK IN GREEN SAUCE (PF/GF/LF) SPRING ROLLS (PF/V/VE)
DESSERT	FRUIT OR DAIRY DESSERT (YOGURT/ PUDDING/CUSTARD)	FRUIT OR DAIRY DESSERT (YOGURT/ PUDDING/CUSTARD)	FRUIT OR DAIRY DESSERT (YOGURT/ PUDDING/CUSTARD)	FRUIT OR DAIRY DESSERT (YOGURT/ PUDDING/CUSTARD)	FRUIT OR DAIRY DESSERT (YOGURT/ PUDDING/CUSTARD)

Menu: First course + Second course + Side + Bread + Dessert
PLEASE COMBINE A FIRST AND A SECOND COURSE OF YOUR CHOICE

PF=PORK FREE / GF=GLUTEN FREE / LF=LACTOSE FREE / V=VEGETARIAN / VE=VEGAN



Menú revisado por: María Barbero Ferrer (Diplm. en Nutrición Humana y Dietética y Lda. en Ciencia y Tecnología de los Alimentos) y María Mora López (Graduada en Nutrición Humana y Dietética).