

Week from 2 to 6	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Summery <i>Ensaladilla</i> (beetroot, corn, green peas, carrot, apple, tofu dice), over mixed leafy greens and a soft soya and garlic mousseline 	Teresa's Greenpacho 	<i>La Tortilla de Patata en Trempera de Ramón</i> (potato & onion spanish omelette, filled with soya sausages with soft <i>piquillo</i> peppers <i>allioli</i>) 	Lentils, mixed veggies and oyster mushrooms stew with crunchy tempeh dice	Lady in Red <i>Risotto</i> with oats, beets and vegan parmesan cheese	Whole grain <i>penne</i> with eggplants, housemade tomato sauce, rocket and cashews cream	<i>Raviolos</i> stuffed with tomato, mozzarella and basil with tomato & pine nuts pesto sauce	3CC (Three Chocolate Cake) 	Watermelon with veggie <i>mató</i> , mint ice cream and sauce 	Kefir Strawberries Shake Soya Yogurt (plain, blueberries, peach and mango)

Week from 9 to 13	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Vegan Coleslaw, white cabbage, red cabbage, carrot, apple, ginger & miso mayonnaise 	Watermelon <i>gazpacho</i> with a touch of mint	Stir-fried seasonal veggies with tofu, white wine and soya sauce	Chickpeas and onion hot pot and green peas <i>allioli</i>	<i>Cous-cous</i> tower with mycoprotein, white galician potato and eggplants, served with hummus and basil pesto 	Whole grain <i>spaghettini</i> , spinach, mushrooms and vegan cheese	Roasted eggplants and peppers <i>lasagna</i> with mushrooms and black garlic vegan bechamel	Teresa's Vegan Carrot Cake, cashew cream, orange sauce 	Frappemocha Healthy Smoothie (almonds milk, coffee, dates, raw cocoa)	Kefir with dry fruits and honey Soya Yogurt (plain, blueberries, peach and mango)

Week from 16 to 20	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Vegan Caesar Salad (romaine lettuce, carrots, corn, croutons, crunchy tofu and Teresa's Special Caesar Dressing) 	Cucumber and yogurt cold soup with a touch of dill 	Mashed potatoes wrap filled with mycoprotein bolognese with soft soya mayonnaise	Chickpeas, green beans and wakame lukewarm salad with a touch of cumin	Spinach, rice mini burgers with eggplant and tomato sauce	Whole grain <i>spaghettini</i> with vegan mushrooms carbonara, tofu and soya sausages	<i>Tortelloni</i> XXL stuffed with tofu and mushrooms with <i>Catxipanda d'Algerri</i>	Vegan walnuts cake with hot chocolate	Lemon verbena infusion, watermelon, peaches from Lleida, mint agar-agar	Kefir Banana Shake Soya Yogurt (plain, blueberries, peach and mango)

Week from 23 to 27	Starters			Main Courses			Desserts			
	SALAD 	SOUP / CREAMY SOUP 	VEGETABLES 	LEGUMES 	RICE / CEREALS 	SIMPLE PASTA 	STUFFED PASTA 	CAKE 	FRUIT 	KEFIR / YOGURT
	Mixed leafy greens, tomato dice, watermelon and melon, goat cheese and cashew shavings and ASM sauce (Agave Sweet Mint) 	Coconut <i>vichyssoise</i> with peaches from Lleida 	<i>Paradis Restaurant's</i> eggplant rolls filled with mushrooms and vegan <i>mató</i> cheese with soya mayonnaise and dried tomatoes 	Soya & veggies burger with boletus cream and over sautéed leeks & carrots	Quinoa bowl with catalan style spinach, eggplant dices, toasted black sesame, dried tomatoes, fresh tomato sauce, nuts and a poached egg 	KPF (Kale Pesto whole grain <i>Fettuccine</i>) 	The Summer is <i>Magic Cannelloni</i> with smoked tofu, corn, grated carrot, roasted pepper and eggplant, potato, soft soya mayonnaise	Hazelnut ice cream cake with chocolate sauce and caramelized sesame	Pear compote with white wine, cardamom and vegan <i>crème fraîche</i>	Kefir with dry fruits and honey Soya Yogurt (plain, blueberries, peach and mango)



**We love you
veggie much!**

Health, love and above it all... Healthy foods!

Instagram & Facebook: @teresacarles

