

**Week from 2 to 5**

Starters	Main Courses					Desserts			
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
Mixed leafy greens, potato, sweet potato, hard-boiled egg, green peas, pesto	Beets, carrots and fennel soup with soya yogurt and cucumber	Cauliflower, broccoli and green beans with a vegan carbonara sauce	Eggplants and pardina lentils moussaka	Whole grain rice paella with seasonal veggies and kombu seaweed	KPF (Kale Pesto whole grain turmeric Fettuccine)	Cuori stuffed with seitan, caramelized onion and roquefort cheese, Strogonoff sauce	TC Lleida 2nd Anniversary <i>Roscón de Reyes</i>	Apple compote with Danish style spiced crumble	Kefir Mango Shake  Soya Yogurt (plain, peach and mango or blueberries)

**Week from 8 to 12**

Starters	Main Courses					Desserts			
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
Red cabbage, lamb's lettuce, beetroot, smoked tofu, apple, fennel seeds and orange vinaigrette	Leek and green peas creamy soup with a touch of coriander	Casa Santos style potato cake <i>au gratin</i> with vegan protein and a coconut milk cream	Chick peas, spinach and potato hot pot with grated almonds	Whole grain rice with spiced funghi stew	Whole grain spaghetti with eggplants, housemade tomato sauce, basil and cashews cream	Ravioli stuffed with ricotta and spinach, pumpkin cream	Gingerbread cake with nuts and ricotta glaze	Chocolate soup with hazelnut ice cream and a crunchy crêpe	Kefir with dry fruits  Soya Yogurt (plain, peach and mango or blueberries)

**Week from 15 to 19**

Starters	Main Courses					Desserts			
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
Greek with tomato, cucumber, green pepper, purple onion, raisins, black olives, feta cheese and oregano	Carrot creamy soup with croutons and a touch of cinnamon	Mixed veggies nituké with quinoa	Judiones (big white beans) with artichokes, broccoli and a green sauce	Cous cous tower with micoprotein, white potato from Galicia and eggplants, all served with hummus and a green pesto	<i>Fideuá a la marinera</i> with seaweed and soya <i>allioli</i>	Ravioli stuffed with tofu, spinach and mushrooms with a roasted peppers and eggplants mousse	Vegan chocolate cake with olive oil	Pineapple carpaccio with coconut ice cream and a toffee sauce	Kefir Apple Shake  Soya Yogurt (plain, peach and mango or blueberries)

**Week from 22 to 26**

Starters	Main Courses					Desserts			
SALAD	SOUP / CREAMY SOUP	VEGETABLES	LEGUMES	RICE / CEREALS	SIMPLE PASTA	STUFFED PASTA	CAKE	FRUIT	KEFIR / YOGURT
Spinach, fennel, caramelised apple, walnuts and a soya yogurt sauce	Potato, green cabbage and white beans soup with soya sausages	Brussels sprouts, artichokes, broccoli and spinach stir-fry with tofu, white wine and soy sauce	Chickpeas 'meatballs' with carrot and green peas sauce	Artichokes, pumpkin and sheep cheese risotto	Whole grain pappardelle with green peas, green asparagus, shiitake and cashews with red curry	Lasagna with zucchini, a housemade tomato sauce and basil pesto	Walnuts cake with figs and chocolate frozen mousse	Coconut milk and almonds cream with chia, mango and pomegranate	Kefir with dry fruits  Soya Yogurt (plain, peach and mango or blueberries)



**We love you  
veggie much!**

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

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