



# FEBRUARY MENU



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Noodle soup  
Loin pork in carrot sauce  
Seasonal fruit  
Pan integral

2

Lentils stewed with seasonal vegetables  
Hake in green sauce  
Seasonal fruit  
Gentleman

3

Baked rice  
French omelette with salad  
Seasonal fruit  
Gentleman

6

Stew of potatoes and ribs with green beans  
Scrambled egg with ratatouille  
Seasonal fruit  
Gentleman

7

Chickpea stew  
Coca de "Requena" with salad  
Dairy  
Gentleman

8

Milanese rice  
Hake in tomato sauce and pepper  
Seasonal fruit  
Pan integral

9

Vichyssoise  
Meatballs in sauce with stew  
Seasonal fruit  
Gentleman

10

### LEGUMES DAY

Pasta with vegetable bolognese  
Vegetable sticks with barbecue sauce  
Seasonal fruit  
Gentleman

13

Salad with egg  
Rice with seafood  
Seasonal fruit  
Gentleman

14

**VALENTINE'S DAY: HEART-HEALTHY DAY**  
Spaghetti with tuna carbonara  
Garlic chicken  
Dairy  
Gentleman

15

Broccoli and carrot cream  
Roasted garlic mackerel with salad  
Seasonal fruit  
Pan integral

16

Alicante Stew  
Omelette with vegetables  
Seasonal fruit  
Gentleman

17

Soup and chickpeas  
Chicken in vegetable sauce  
Seasonal fruit  
Gentleman

20

**Festive**

21

**Festive**

22

Jam and cheese with salad  
Valencian paella  
Seasonal fruit  
Pan integral

23

Soup with vegetable julienne  
Chicken and vegetable fajitas  
Seasonal fruit  
Gentleman

24

Lentil stew  
Andalusian hake  
Seasonal fruit  
Gentleman

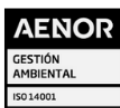
27

Neapolitan pasta  
Loin pork baked with rosemary  
Seasonal fruit  
Gentleman

28

Bean stew with napicol, pumpkin and ham  
Omelette with vegetables  
Dairy  
Gentleman

We are a company committed to quality, safety and the environment:



Consult all the nutritional information and allergens on our menu in the QR code:



# FEBRUARY NEWS

## February 10: WORLD VEGETABLE DAY

Legumes are a great alternative to animal protein. In addition to taking care of our health, they take care of the planet thanks to the reduction of the carbon footprint. Here we present a different way of consuming legumes:

### TOFU

- From soy
- 11-16 g of good quality protein
- Rich in calcium



EVERYTHING CAN BE DONE!  
TRY IT IN SOUPS, GRILLED,  
SAUTEED, REFRIED...

### TEXTURED SOY

- From soy
- 48.50 g of good quality protein
- The one that contains the most vegetable protein



L'ALTERNATIVA PERFECTA A LA  
CARN PICADA

### SEITAN

- From wheat or spelled gluten
- 22-25g of protein
- Many different elaborations can be made



TEST IN STEWS, SKEWERS,  
FILLINGS...

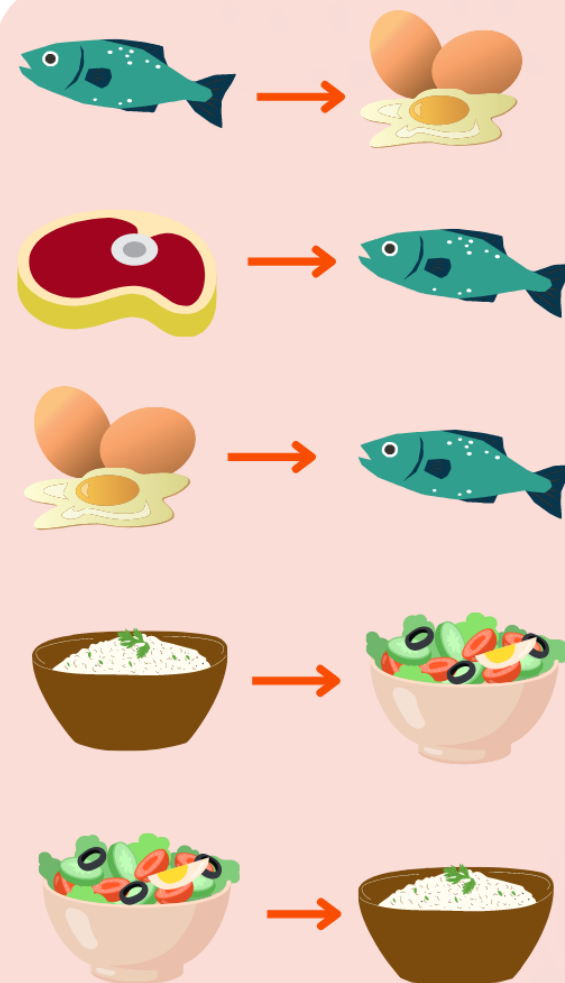
### TEMPEH

- From soy or chickpea gluten
- 18-20 g of protein
- Its flavor is very characteristic



IDEAL FOR HOT SANDWICHES

## DINNER RECOMMENDER



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