

MAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>At J. Roca we serve meals to more than 900 students that experience various degrees of food allergies or food intolerances.</i></p>	<p>2 Stew of lentils</p> <p>Scrambled eggs with garlic and seasonal salad</p> <p>Seasonal fruit</p>	<p>3 Seasonal Salad</p> <p>Fish "fideuada"</p> <p>Seasonal fruit</p>	<p>4 Whole wheat rice with mushrooms</p> <p>Meatballs with "jardinera"</p> <p>Seasonal fruit</p>	<p>5 Seasonal vegetables cream</p> <p>Roasted chicken with Provence herbs and salad</p> <p>Organic yogurt</p>	<p>6 Pasta salad</p> <p>Stewed chickpeas with cumin</p> <p>Seasonal fruit</p>
	<p>9 Cuscus with seasonal vegetables</p> <p>Stew of turkey</p> <p>Seasonal fruit</p>	<p>10 White beans humus</p> <p>Onion omelette with seasonal salad</p> <p>Organic yogurt</p>	<p>11 Potato salad</p> <p>Chickpeas hamburger with crudites</p> <p>Seasonal fruit</p>	<p>12 Whole wheat rice with tomato</p> <p>Andalusian fish with seasonal salad</p> <p>Seasonal fruit</p>	<p>13 Seasonal salad</p> <p>Pasta with vegetal bolognese</p> <p>Seasonal fruit</p>
<p><i>Their health security is our priority.</i></p>	<p>16 GLUTEN-FREE MENU Organic rice salad</p> <p>Oven hake over zucchini bed</p> <p>Seasonal fruit</p>	<p>17 Seasonal vegetables cream</p> <p>Hamburger with caramelized onion and salad</p> <p>Seasonal fruit</p>	<p>18 Boiled seasonal vegetables</p> <p>Lentils with whole wheat rice and cumin</p> <p>Seasonal fruit</p>	<p>19 Chickpeas salad</p> <p>Oven chicken with vegetables sauce</p> <p>Seasonal fruit</p>	<p>20 Spaghetti with spinach sauce</p> <p>Vegetable omelette with seasonal salad</p> <p>Organic yogurt</p>
	<p>23 Tricolor vegetables</p> <p>Beef stew with "girgola de castanyer"</p> <p>Seasonal fruit</p>	<p>24 Lentil salad</p> <p>Grilled chicken with fries</p> <p>Seasonal fruit</p>	<p>25 Pasta with salted vegetables</p> <p>Oven cod with seasonal salad</p> <p>Organic yogurt</p>	<p>26 Seasonal salad</p> <p>Salted white beans with vegetables</p> <p>Seasonal fruit</p>	<p>27 Rice with vegetables</p> <p>Spinach omelette with seasonal salad</p> <p>Seasonal fruit</p>
<p><i>This month, we will be serving a gluten-free menu to join the campaign organized by l'Associacio de Celiacs de Catalunya.</i></p>	<p>30 Napoletana pasta</p> <p>Falafels with yogurt sauce and salad</p> <p>Seasonal fruit</p>	<p>31 Carrot cream</p> <p>Curry chicken with apple</p> <p>Seasonal fruit</p>			