



# GLUTEN FREE MENU



## EURO SPACE CENTER

MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> *Buffet + ham	<b>BREAKFAST</b> *Buffet + sliced cheese	<b>BREAKFAST</b> *Buffet + scrambled eggs	<b>BREAKFAST</b> *Buffet + ham	<b>BREAKFAST</b> *Buffet + sliced cheese	<b>BREAKFAST</b> *Buffet + scrambled eggs	<b>BREAKFAST</b> *Buffet + ham
<b>LUNCH</b> Tomato soup	<b>LUNCH</b> Pea soup	<b>LUNCH</b> Courgette soup	<b>LUNCH</b> Broccoli soup	<b>LUNCH</b> Leek soup	<b>LUNCH</b> Courgette soup	<b>MIDI</b> Pea soup
Chicken breast, steamed broccoli and rice or Gluten-free pasta and vegetables au gratin	Gluten-free pork patty with tomato sauce, carrots and tabbouleh or Tabbouleh, falafel and vegetable couscous	100% beef hamburger, cheese and gluten-free bun, chips, lettuce and tomatoes or Gluten-free pasta, spinach and ricotta	Roasted half-chicken, apple sauce and steamed potatoes or Cheese and leek puff pastry	Steamed hake, Mediterranean vegetable ratatouille and rice or Four cheese gnocchi	Gluten-free pork patty with tomato sauce, carrots and tabbouleh or Gluten-free pasta, spinach and ricotta	100% beef hamburger, cheese and gluten-free bun, chips, lettuce and tomatoes or Tabbouleh, falafel and vegetable couscous
Apple, water	Pear, water	Mandarin orange, water	Banana, water	Apple, water	Pear, water	Mandarin orange, water
<b>SNACK</b> Vanilla waffle, orange juice	<b>SNACK</b> Donuts, chocolate milk	<b>SNACK</b> Marble cake, mixed fruit juice	<b>SNACK</b> Chocolate waffle, apple juice	<b>SNACK</b> Vanilla waffle, orange juice	<b>SNACK</b> Brownies, chocolate milk	<b>SNACK</b> Marble cake, mixed fruit juice
<b>DINNER</b> Mushroom soup	<b>DINNER</b> Pumpkin soup	<b>DINNER</b> Carrot soup	<b>DINNER</b> Tomato soup	<b>DINNER</b> Asparagus soup	<b>DINNER</b> Pumpkin soup	<b>DINNER</b> Carrot soup
Salad bar, gluten-free bread and butter Gluten-free penne bolognese or Shepherd's pie	Salad bar, gluten-free bread and butter Chicken and vegetable shepherd's pie or Smoked ham and cold chicken	Salad bar, gluten-free bread and butter Cheese and vegetable tortilla or Gluten-free spaghetti bolognese	Salad bar, gluten-free bread and butter Stuffed potatoes au gratin or Smoked ham and cold chicken	Salad bar, gluten-free bread and butter Chicken paella or vegetable paella or Gluten-free macaroni with ham	Salad bar, gluten-free bread and butter Cantonese-style stir-fried quinoa or Gluten-free spaghetti bolognese	Salad bar, gluten-free bread and butter Gluten-free panini or Gluten-free penne with tomatoes and basil
Vanilla custard, water	Chocolate mousse, water	Vanilla ice cream, water	Chocolate custard, water	Caramel custard, water	Chocolate mousse, water	Vanilla ice cream, water



\*Breakfast buffet: Gluten-free white and brown bread (toasted or un-toasted), jams, gluten-free spread, butter, cold milk, hot chocolate, coffee or tea, one glass of orange juice per person, water.  
 Vegetarian and pork-free menus available upon request at no additional cost.  
 Gluten-free and/or lactose-free menus are available for an additional €3.50/day/person.