



GLUTEN FREE

MENU



**EURO
SPACE
CENTER**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

*Buffet + ham



LUNCH

Tomato soup

Chicken breast, steamed broccoli and rice
or
Gluten-free pasta and vegetables au gratin

Apple, water



SNACK

Vanilla waffle, orange juice



DINNER

Mushroom soup

Salad bar, gluten-free bread and butter

Gluten-free penne bolognese or
Shepherd's pie

Vanilla custard, water

BREAKFAST

*Buffet + sliced cheese



LUNCH

Pea soup

Gluten-free pork patty with tomato sauce, carrots and tabbouleh
or
Tabbouleh, falafel and vegetable couscous

Pear, water



SNACK

Donuts, chocolate milk



DINNER

Pumpkin soup

Salad bar, gluten-free bread and butter

Chicken and vegetable shepherd's pie or
Smoked ham and cold chicken

Chocolate mousse, water

BREAKFAST

*Buffet + scrambled eggs



LUNCH

Courgette soup

100% beef hamburger, cheese and gluten-free bun, chips, lettuce and tomatoes
or
Gluten-free pasta, spinach and ricotta

Mandarin orange, water



SNACK

Marble cake, mixed fruit juice



DINNER

Carrot soup

Salad bar, gluten-free bread and butter

Cheese and vegetable tortilla or
Gluten-free spaghetti bolognese

Vanilla ice cream, water

BREAKFAST

*Buffet + ham



LUNCH

Broccoli soup

Roasted half-chicken, apple sauce and steamed potatoes
or
Cheese and leek puff pastry

Banana, water



SNACK

Chocolate waffle, apple juice



DINNER

Tomato soup

Salad bar, gluten-free bread and butter

Stuffed potatoes au gratin or
Smoked ham and cold chicken

Chocolate custard, water

BREAKFAST

*Buffet + sliced cheese



LUNCH

Leek soup

Steamed hake, Mediterranean vegetable ratatouille and rice
or
Four cheese gnocchi

Apple, water



SNACK

Vanilla waffle, orange juice



DINNER

Asparagus soup

Salad bar, gluten-free bread and butter

Chicken paella or vegetable paella or
Gluten-free macaroni with ham

Caramel custard, water

BREAKFAST

*Buffet + scrambled eggs



LUNCH

Courgette soup

Gluten-free pork patty with tomato sauce, carrots and tabbouleh
or
Gluten-free pasta, spinach and ricotta

Pear, water



SNACK

Brownies, chocolate milk



DINNER

Pumpkin soup

Salad bar, gluten-free bread and butter

Cantonese-style stir-fried quinoa or
Gluten-free spaghetti bolognese

Chocolate mousse, water

BREAKFAST

*Buffet + ham



MIDI

Pea soup

100% beef hamburger, cheese and gluten-free bun, chips, lettuce and tomatoes
or
Tabbouleh, falafel and vegetable couscous

Mandarin orange, water



SNACK

Marble cake, mixed fruit juice



DINNER

Carrot soup

Salad bar, gluten-free bread and butter

Gluten-free panini or
Gluten-free penne with tomatoes and basil

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.