

Right to Food Week 2016

21 - 26 November



Eating less meat and eating more pulses and fresh fruit and vegetables for a week helps make a more sustainable world

#SustainableFoodUOC



**Lunch
+
dinner**

Monday	Mixed salad + Chickpea and vegetable stew + Banana	+	Pumpkin soup with sunflower seeds + Scrambled eggs with asparagus + Pear
Tuesday	Escalivada of roast vegetables + Noodles with artichoke and cod + Plain yogurt	+	Onion soup + Coca de recapte flatbread topped with vegetables + Tangerines
Wednesday	Empedrart cod and haricot bean salad + Rabbit with grey knight mushrooms + Apple	+	Steamed broccoli and potato + Grilled sardines seasoned with parsley and garlic + Plain yogurt
Thursday	Green salad + Brown rice with vegetables + Cheese and quince	+	Red lentil soup+ Mushroom omelette + Baked apple
Friday	Pumpkin soup + Cod with ratatouille + Grapes	+	Escalivada of roast vegetables + Steamed mussels + Pear
Saturday	Green salad + Cuttlefish with peas + Nuts	+	Roast artichokes + Garlic scape omelette + Plain yogurt
Sunday	Trinxat of mashed potato, cabbage and pork + Roast chicken with figs + Cottage cheese and honey	+	Vegetable soup + Seasonal salad with lemon-soused Atlantic mackerel + Orange

Breakfast

Option 1	Plain yogurt with fresh fruit and nuts
Option 2	Fresh fruit + Wholegrain bread spread with tomato and cheese
Option 3	Fresh fruit + Plain yogurt with rolled oats and walnuts

Mid-morning Or Mid-afternoon

Fruit+ Dried fruit + Nuts + Yogurt
A little dark chocolate (minimum 80 % cacao)

Drink

Water only