

MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Courgette cream soup 	Vegetables and white bean stew 	Macaroni with tomato sauce 	Lentil and vegetable stew 	Assorted salad 
with lettuce and sweetcorn salad 	Rioja-style pork loin with boiled potatoes 	with sautéed carrot 	French omelet with lettuce and tomato salad 	Rice with chicken and vegetables 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
	Pumpkin cream soup 	Stewed potatoes with meat 	Lentil and rice stew 	Andalusien-style stew 
Fusilli Bolognese 	Lean pork stew to the gardener with lettuce and carrot salad 	Kingklip in red pepper sauce with sautéed green beans 	Hake fingers with lettuce and carrot salad 	French omelet with mushrooms 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Carrot cream soup	Chickpea and vegetable stew 	with lettuce, sweetcorn, grated carrot, green olives and hard-boiled egg salad 	Castilian-style lentil stew 	Pasta with tomato and tuna 
Potato omelet with lettuce, tomato and sweetcorn salad 		Meat and fish paella 	Roast chicken ham in its natural juice Lettuce, tomato and sweetcorn salad 	Andalusian-style bass with mushrooms 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Carrot cream soup	Macaroni with tomato 	Stew 		Castilian-style lentil stew 
Lean pork with vegetables 	Kingklip in red pepper sauce 	with lettuce and tomato salad 		French omelet with sautéed carrot 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
Water and bread are included in all menus.				