

MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
		Lentil and vegetable stew	Stewed potatoes in marinara sauce	Cantonese rice
	Fusilli Bolognese	Biscayan-style hake with lettuce and carrot salad	French omelet with peas	Lean pork with tomato with sautéed green beans
	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Assorted salad	Vegetables and white bean stew	Macaroni with tomato	Carrot cream soup	Homestyle lentil stew
Rice with chicken and vegetables	Baked Frankfurter with tomato with French fries	with roasted vegetables	Potato omelet Lettuce, tomato and sweetcorn salad	Biscayan-style hake with olive, carrot, and lettuce salad
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Noodle casserole	Andalusien-style stew	Pumpkin cream soup		Vegetables and white bean stew
French omelet with lettuce and sweetcorn salad	with sautéed green beans	Hake fingers with lettuce and carrot salad	Rice and seafood	Roast chicken ham in its natural juice with sautéed carrot
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
White rice with tomato sauce Fresh pork sausages	Lentil and vegetable stew		Potatoes stewed with vegetables	Vegetable cream soup
Courgette omelet	Biscayan-style hake Lettuce, tomato and sweetcorn salad	Macaroni in carbonara sauce	Lettuce, tomato and sweetcorn salad	Grilled pork loin with boiled potatoes
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 1
Lettuce, sweetcorn, grated carrot, green olive and hard-boiled egg salad	Pumpkin cream soup	Andalusien-style stew	Lettuce, tomato and olive salad	
Meat paella	Garlic pork loin	Andalusian-style bass Lettuce and tomato salad	Meatballs in sauce with chips	
Fruit	Fruit	Fruit	Fruit yoghurt	
Water and bread are included in all menus.				