














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1P RICE WITH HOMEMADE TOMATO SAUCE BREADED PORK LOIN WITH HAM & CHEESE ( 1, 2, 3, 4, 6, 7, 9, 10, 12, 14 ) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT <b>1</b>	1P LENTILS & VEGETABLE STEW  2P BAKED COD ( with onion and natural tomato ) ( 4 ) GU LETTUCE, CARROT AND TOMATO SALAD PO YOGURT ( 7 ) <b>2</b>	1P HOMEMADE POULTRY AND VEGETABLE SOUP WITH PASTA ( 1, 3, 9 )  2P POTATOES AND ONION OMELETTE ( 3 ) GU SEASONED TOMATO PO FRESH FRUIT <b>3</b>
1P MACARONI IN CHEESE SAUCE ( 1, 3, 7 )  2P EGGS AU GRATIN WITH TOMATO SAUCE ( 1, 3, 7 ) GU SWEET POTATO PO FRESH FRUIT <b>7</b>	1P SAUTEED RICE (smoked turkey, sweet corn, omelette, peas and carrot) ( 3, 6 ) 2P "ANDALUSIAN" HAKE (Fried with flour) ( 1, 4 ) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO YOGURT ( 7 ) <b>8</b>	1P CHICKPEAS STEW AND VEGETABLES  2P STEW MEATBALLS IN TOMATO SAUCE ( 12 ) GU BOILED VEGETABLES PO FRESH FRUIT <b>9</b>	1P ZUCCHINI CREAM 2P BAKED CHICKEN (onion and natural tomato) ( 12 ) GU ROASTED CARROTS WITH BALSAMIC AND COMINO ( 12 ) PO FRESH FRUIT <b>10</b>	1P "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) ( 1, 3, 9, 12 )  2P GRILLED BEEF BURGUER ( 12 ) GU CHIPS PO FRESH FRUIT <b>11</b>
1P LENTIL AND RICE STEW (with onion, garlic, red pepper and tomato)  2P GRILLED TURKEY GU SEASONED TOMATO PO FRESH FRUIT <b>14</b>	1P TAGLIARINI IN CARBONARA SAUCE (cream and bacon) ( 1, 3, 6, 7 )  2P OMELETTE ( 3 ) GU LETTUCE, CARROT AND OLIVES SALAD PO FRESH FRUIT <b>15</b>	1P PUMPKIN CREAM (potatoes and onion) 2P PORK LOIN STEW ( 1, 9, 10, 11, 12 ) GU SAUTEED PEAS PO YOGURT ( 7 ) <b>16</b>	1P POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9 )  2P PICKLE ORANGE CHICKEN ( 12 ) GU LETTUCE AND CARROT SALAD PO FRESH FRUIT <b>17</b>	1P RICE WITH HOMEMADE TOMATO SAUCE 2P GRATINATED CODFISH WITH APPLE "ALLIOLI" ( 1, 3, 4 ) GU FRIED AUBERGINES WITH HONEY SAUCE (optional) ( 1 ) PO FRESH FRUIT <b>18</b>
1P CREAM OF CARROT WITH CROUTONS ( 1, 3, 6, 7, 8, 11 ) 2P MEAT CROQUETTES ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14 ) GU SAUTEED MUSHROOMS WITH OLIVE OIL PO CUSTARD ( 3, 7 ) <b>21</b>	1P NAPOLITAN PASTA (homemade tomato sauce) ( 1, 3, 7 )  2P MONKFISH IN TEMPURA ( 1, 2, 3, 4, 7 ) GU SEASONED TOMATO PO FRESH FRUIT <b>22</b>	1P MIXED "PAELLA" ( 2, 12 ) 2P ZUCCHINI OMELETTE ( 3 ) GU SAUTEED PEAS PO FRESH FRUIT <b>23</b>	1P BOILED GREEN BEANS AND POTATOES 2P BAKED CHICKEN (onion and natural tomato) ( 12 ) GU LETTUCE AND TOMATO SALAD PO YOGURT ( 7 ) <b>24</b>	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)  2P GRILLED TURKEY GU SAUTEED PEAS PO FRESH FRUIT <b>25</b>
1P LENTILS & VEGETABLE STEW  2P GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE ( 1, 6, 11 ) GU LETTUCE AND CARROT SALAD PO FRESH FRUIT <b>28</b>	1P CARROT CREAM (potato and onion) 2P GRILLED "BUTIFARRA" (PORK MEAT) ( 12 ) GU SAUTEED BEANS WITH GARLIC AND PARSLEY PO FRESH FRUIT <b>29</b>	1P TAGLIARINI IN SOFT PESTO SAUCE (olive oil, basil, grated cheese and almonds)  2P OMELETTE ( 3 ) GU SEASONED TOMATO PO FRESH FRUIT <b>30</b>	FRESH FRUIT 	



Validated menus by our SANED dietitians-nutritionists (CAT000409)