

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1P RICE WITH HOMEMADE TOMATO SAUCE 2P CHICKEN CROQUETTES (1, 2, 3, 4, 6, 7, 14) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT		1P LENTILS & VEGETABLE STEW 2P BAKED COD (with onion and natural tomato) (4) GU FRESH SALAD PO YOGURT (7)		1P HOMEMADE POULTRY, VEGETABLES AND PASTA SOUP (1, 3, 9) 2P POTATOES AND ONION OMELETTE (3) GU SEASONED TOMATO PO FRESH FRUIT	
1P CHEESE SAUCE PASTA (1, 3, 7) 2P OMELETTE (3) GU SWEET POTATO PO FRESH FRUIT		1P SAUTEED RICE (sweet corn, omelette, peas and carrot) (3, 6) 2P GRILLED HAKE (4) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO YOGURT (7)		1P CHICKPEAS & VEGETABLE STEW 2P MEATBALLS IN TOMATO SAUCE (12) GU BOILED VEGETABLES PO FRESH FRUIT		1P ZUCCHINI CREAM 2P BAKED CHICKEN (onion and natural tomato) (12) GU SAUTEED CARROTS PO FRESH FRUIT		1P "FIDEUA" WITH VEGETABLES (1, 3) 2P GRILLED BEEF BURGUER (12) GU CHIPS PO FRESH FRUIT	
1P LENTIL AND RICE STEW (with onion, garlic, red pepper and tomato) 2P GRILLED TURKEY GU SEASONED TOMATO PO FRESH FRUIT		1P SAUTEED PASTA WITH OLIVE OIL (1) 2P OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT		1P PUMPKIN CREAM (potatoes and onion) 2P PORK LOIN STEW (1, 9, 10, 11, 12) GU SAUTEED PEAS PO YOGURT (7)		1P POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9) 2P GRILLED CHICKEN GU LETTUCE AND CARROT SALAD PO FRESH FRUIT		1P RICE WITH HOMEMADE TOMATO SAUCE 2P BAKED COD (with onion and natural tomato) (4) GU FRESH SALAD PO FRESH FRUIT	
1P CARROT CREAM 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)		1P NAPOLITAN PASTA (homemade tomato sauce) (1, 3, 7) 2P BAKED MONKFISH (4) GU SEASONED TOMATO PO FRESH FRUIT		1P MIXED RICE "PAELLA" 2P ZUCCHINI OMELETTE (3) GU SAUTEED PEAS PO FRESH FRUIT		1P BOILED GREEN BEANS AND POTATOES 2P BAKED CHICKEN (onion and natural tomato) (12) GU LETTUCE AND TOMATO SALAD PO YOGURT (7)		1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P GRILLED TURKEY GU FRESH SALAD PO FRESH FRUIT	
1P LENTILS & VEGETABLE STEW 2P GRILLED CHICKEN GU LETTUCE AND CARROT SALAD PO FRESH FRUIT		1P CARROT CREAM (potato and onion) 2P GRILLED "BUTIFARRA" (PORK MEAT) (12) GU SAUTEED BEANS WITH GARLIC AND PARSLEY PO FRESH FRUIT		1P NAPOLITAN PASTA (homemade tomato sauce) (1) 2P OMELETTE (3) GU SEASONED TOMATO PO FRESH FRUIT					

Validated menus by our SANED dietitians/nutritionists (CAT000409)

