









	Monday DAY 30	Tuesday DAY 31
<b>First</b>	LENTILS & VEGETABLE STEW 	BOILED GREEN BEANS AND POTATOES
Option 2	SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms) 	SAUTEED PASTA & VEGETABLES AU GRATIN WITH CHEESE ( 1, 3, 7 )
<b>Second</b>	GRILLED CHICKEN	MEATBALLS IN TOMATO SAUCE ( 12 )
Option 2	COOKED HAM OMELETTE ( 3, 6, 7, 9, 12 )	BASQUE STYLE HAKE WITH BOILED EGG AND PEAS ( 1, 3, 4, 9 )
<b>Side dishes</b>	SEASONED TOMATO	GARDENER
<b>Desserts</b>	FRESH FRUIT	FRESH FRUIT



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-  **Gluten**  
( 1 )
-  **Crustaceans**  
( 2 )
-  **Eggs**  
( 3 )
-  **Fish**  
( 4 )
-  **Peanuts**  
( 5 )
-  **Soy**  
( 6 )
-  **Milk**  
( 7 )
-  **Nuts**  
( 8 )
-  **Celery**  
( 9 )
-  **Mustard**  
( 10 )
-  **Sesame**  
( 11 )
-  **Sulfites**  
( 12 )
-  **Lupins**  
( 13 )
-  **Molluscs**  
( 14 )



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