











**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2		3		4		5		6	
1P	NAPOLITAN PASTA (homemade tomato sauce) ( 1, 3, 7) 	1P	VEGETABLES CREAM (green beans, chard, carrot and potato)	1P	HOMEMADE POULTRY, VEGETABLE PASTA SOUP ( 1, 3, 9) 	1P	RICE WITH VEGETABLES SAUCE 	1P	LENTILS & VEGETABLE STEW 
2P	MEAT CROQUETTES ( 1, 2, 3, 4, 6, 7, 8, 9, 10, 14)	2P	GRILLED PORK SAUSAGES ( 12)	2P	BAKED CHICKEN (onion and natural tomato) ( 12)	2P	"GALICIAN" HAKE (with onion and sweet paprika) ( 4)	2P	GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE ( 12)
GU	SAUTEED MUSHROOMS WITH OLIVE OIL	GU	CHIPS	GU	BABY CARROT	GU	LETTUCE AND CARROT SALAD	GU	LETTUCE WITH SWEET CORN AND BLACK OLIVES
PO	FRESH FRUIT	PO	FRESH FRUIT	PO	YOGURT ( 7)	PO	FRESH FRUIT	PO	FRESH FRUIT
9		10		11		12		13	
1P	RICE WITH HOMEMADE TOMATO SAUCE 	1P	HOMEMADE POULTRY, VEGETABLE PASTA SOUP ( 1, 3, 9) 	1P	CARROT CREAM (potato and onion)	1P	SAUTEED PEAS WITH HAM ( 6, 7, 9, 12)	1P	BOILED BROCCOLI AND POTATOES
2P	OMELETTE ( 3)	2P	GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE ( 1, 6, 11)	2P	GRILLED BEEF BURGUER ( 12)	2P	GRATINATED CODFISH WITH APPLE "ALL I OLI" ( 1, 3, 4)	2P	MEATBALLS IN TOMATO SAUCE ( 12)
GU	FRESH SALAD ( lettuce, tomato and sweet corn)	GU	BAKED SWEET POTATO	GU	SAUTEED BROWN RICE ( 7)	GU	LETTUCE AND SOY SALAD ( 6, 12)	GU	SAUTEED MUSHROOMS WITH OLIVE OIL
PO	FRESH FRUIT	PO	YOGURT ( 7)	PO	FRESH FRUIT	PO	FRESH FRUIT	PO	FRESH FRUIT
16		17		18		19		20	
1P	VEGETABLES CREAM (green beans, chard, carrot and potato)	1P	MAC & CHEESE (pasta au gratin with cheese) ( 1, 3, 7)	1P	BEANS & VEGETABLES STEW 	1P	BOILED GREEN BEANS AND POTATOES	1P	NAPOLITAN PASTA (homemade tomato sauce) ( 1, 3, 7) 
2P	GRILLED PORK LOIN WITH RANCH SAUCE ( 3, 7)	2P	BAKED HAKE (onion and tomato) ( 4)	2P	MEAT LOAF WITH GRAVY, MASH POTATO AND GREEN BEANS ( 1, 3, 7, 12)	2P	BREADED CHICKEN (flour, egg and breadcrumbs) ( 1, 3)	2P	ARTICHOKE AND POTATOES OMELETTE ( 3)
GU	SEASONED TOMATO	GU	CHIPS	GU	FRESH SALAD	GU	LETTUCE, CARROT AND TOMATO SALAD	GU	FRESH SALAD ( lettuce, tomato and sweet corn)
PO	FRESH FRUIT	PO	FRESH FRUIT	PO	FRESH FRUIT	PO	YOGURT ( 7)	PO	FRESH FRUIT
23		24		25		26		27	
1P	LENTILS & VEGETABLE STEW 	1P	BOILED GREEN BEANS AND POTATOES						
2P	GRILLED CHICKEN	2P	MEATBALLS IN TOMATO SAUCE ( 12)						
GU	SEASONED TOMATO	GU	BOILED VEGETABLES						
PO	FRESH FRUIT	PO	FRESH FRUIT				FRESH FRUIT 		
30		31							

Validated menus by our SANED dietitians/nutritionists (CAT000409)

