










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, VEGETABLES 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	2P	BAKED HAKE (onion and tomato) (4)	2P	POTATOES AND ONION OMELETTE (3)
GU	SAUTEED MUSHROOMS WITH OLIVE OIL	GU	BAKED POTATOES	GU	BOILED 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	BOILED PEAS AND POTATOES	1P	BOILED BROCCOLI AND POTATOES
2P	OMELETTE (3)	2P	GRILLED CHICKEN	2P	GRILLED BEEF BURGER (12)	2P	BAKED COD (with onion and natural tomato) (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	HOMEMADE POULTRY, VEGETABLE PASTA SOUP (1, 3, 9)	1P	BOILED GREEN BEANS AND POTATOES	1P	VEGETABLE AND BEANS CREAM (9) 
2P	GRILLED CHICKEN	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	POTATOES AND ONION OMELETTE (3)
GU	SEASONED TOMATO	GU	BAKED POTATOES	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	GRILLED HAKE (4)						
GU	SEASONED TOMATO	GU	BOILED VEGETABLES						
PO	FRESH FRUIT	PO	FRESH FRUIT				FRESH FRUIT 		
30		31							