

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1P RUSSIAN SALAD (3, 4) 2P MEATBALLS IN TOMATO SAUCE (12) GU BOILED RICE PO FRESH FRUIT	1P CARROT CREAM (potato and onion) 2P GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE (1, 6, 11) GU SEASONED TOMATO AND OLIVES PO FRESH FRUIT
HOLIDAY	1P RICE WITH HOMEMADE TOMATO SAUCE 2P MEAT CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14) GU LETTUCE, CARROT AND TOMATO SALAD PO VANILLA AND CHOCOLATE ICE CREAM (6, 7)	1P PASTA IN CHEESE SAUCE (1, 3, 7, 12) 2P POTATOES AND ONION OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P BAKED HAKE (onion and tomato) (4) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT	1P BOILED BROCCOLI AND POTATOES 2P GRILLED CHICKEN GU FRESH SALAD (lettuce, apple and tomato) PO YOGURT (7)
1P ALFREDO'S SAUCE PASTA (1, 3, 7, 12) 2P GRILLED PORK SAUSAGES (12) GU GARDENER PO FRESH FRUIT	1P RICE SALAD (tomato dice, green olives and pineapple) 2P SCRAMBLED EGGS WITH HAM (3, 7) GU CARROT STICKS IN TEMPURE (1, 3, 7) PO CHOCOLATE CUSTARD (7)	1P BOILED GREEN BEANS AND POTATOES 2P LOIN WITH MUSTARD SAUCE, AND HONEY (10, 12) GU FRESH SALAD PO FRESH FRUIT	1P SAUTEED NOODLES WITH VEGETABLES (1, 6) 2P STRIPS OF HAKE JAPANESE STYLE (1, 3, 4) GU FRESH SALAD PO STRAWBERRY ICE CREAM (7)	1P LENTIL SALAD (tuna, black olives, carrot and tomato) (4) 2P BAKED CHICKEN WITH LEMON SAUCE (1, 12) GU SEASONED TOMATO PO FRESH FRUIT
1P LEEK AND POTATOES CREAM (7) 2P BREADED CHICKEN (flour, egg and breadcrumbs) (1, 3) GU SAUTEED PEAS PO FRESH FRUIT	2P BURGER (bacon, cheese, onion cheese and special bread) (1, 3, 10, 11, 12) GU CHIPS PO VANILLA AND CHOCOLATE ICE CREAM (6, 7)			



- 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)

FRESH FRUIT



Validated menus by our SANED dietitians/nutritionists (CAT002342)