

	Monday DAY 29	Tuesday DAY 30
First	BOILED GREEN BEANS AND POTATOES	PASTA SALAD (tomato, green olives, tuna, sweet corn and oregano) (1, 4)
Option 2	MEAT LOAF WITH GRAVY, MASH POTATO AND GREEN BEANS (1, 3, 7, 12)	CARROT CREAM (potato and onion)
Second	MEATBALLS IN TOMATO SAUCE (6, 12)	BAKED COD (with onion and natural tomato) (2, 4, 14)
Option 2	BOILED EGGS WITH RATATOUILLE (3)	GRILLED CHICKEN
Side dishes	SAUTED COUSCOUS (1, 6)	FRIED AUBERGINES WITH HONEY SAUCE (optional)
Desserts	FRESH FRUIT	VANILLA AND CHOCOLATE ICE CREAM



- 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)



Validated menus by our SANED dietitians.nutritionists (CAT002342)