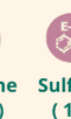


	Monday DAY 2	Tuesday DAY 3	Wednesday DAY 4	Thursday DAY 5	Friday DAY 6
First	PASTA WITH NAPOLITAN SAUCE AND CHEESE (1, 7, T3, T6, T10)	BEANS & VEGETABLES STEW	LEEKS CREAM	FISH "PAELLA" (2, 4, 9, 12, 14, T2, T4)	SAUTEED PEAS WITH HAM
Option 2	BOILED GREEN BEANS AND POTATOES	SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms)	"RIOJANA" POTATOES	BOILED BROCCOLI WITH CARROTS	MACARONI IN CARBONARA SAUCE (cream and bacon) (1, 3, 6, 7, T6, T10)
Second	"ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	BAKED CHICKEN	"ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	POTATOES OMELETTE (3)	MEATBALLS IN TOMATO SAUCE (6, 12)
Option 2	GRATINATED CODFISH WITH APPLE "ALL I OLI" (1, 3, 4)	GRILLED FISH (4, T2, T14)	GRILLED TURKEY	CHICKEN WITH BLUE CHEEDE SAUCE(7)	GRILLED STEAK
Side dishes	FRESH SALAD	"CALIU" POTATOES	SWEET POTATO	BOILED VEGETALBES	SAUTED COUSCOUS (1, T6, T10)
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	FRESH FRUIT



FRESH FRUIT

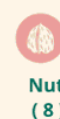


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	Monday DAY 9	Tuesday DAY 10	Wednesday DAY 11	Thursday DAY 12	Friday DAY 13
First	PESTO ROSSO PASTA (1, 5, 7, 8, T3, T6, T10)	CARROT CREAM (potato and onion)	HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9, T6, T10)	RICE WITH HOMEMADE TOMATO SAUCE	LENTILS & VEGETABLE STEW (T1)
Option 2	SPAGUETTI IN MUSHROOM SAUCE (1, 7, T6, T10)	CURRY BASMATI RICE WITH VEGETABLES (T1, T10)	SAUTEED PEAS WITH HAM	BOILED MIXED VEGETABLES	COUS COUS WITH VEGETABLES (courgette and onion) (1, T6, T10)
Second	BREADED COD (1, 4)	GRILLED PORK LOIN	CHICKEN WITH AROMATIC HERBS (9)	SCRAMBLED EGGS WITH HAM (3)	GRILLED "BUTIFARRA" (PORK MEAT) (12, T12)
Option 2	EGGS AU GRATIN WITH ZUCCHINI BECHAMEL (1, 3, 6, 7, 9, 12, T3)	BBQ CHICKEN WINGS (10, 12)	GRILLED STEAK	CHICKEN BURGER (12)	BAKED COD (with onion and tomato) (4)
Side dishes	FRESH SALAD	SAUTEED WHOLE GRAIN RICE	"CALIU" POTATOES	SEASONED TOMATOES	SWEET POTATO
Desserts	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	YOGURT (7)



FRESH FRUIT

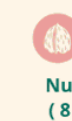


	Monday DAY 16	Tuesday DAY 17	Wednesday DAY 18	Thursday DAY 19	Friday DAY 20
First	SAUTEED RICE (sweet corn, peas and carrot)	COUS COUS WITH VEGETABLES (courgette and onion) (1, T6, T10)	"FIDEUA" WITH ALIOLI SAUCE (1, 2, 3, 4, 9, 14, T4)	BOILED CHIKPEAS, POTATOES AND CARROTS	ZUCCHINI CREAM
Option 2	BOILED BROCCOLI AND POTATOES	MIXED VEGETABLES (zucchini, green beans and carrot)	SAUTEED GREEN BEANS AND POTATOES WITH HAM (6, 7)	HOMEMADE HUMMUS WITH BREAD STICKS AND VEGETABLE STICKS (1, 6, 11, 12)	GRILLED VEGETABLES
Second	"ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	BEEF STEW	GRILLED PORK LOIN	LEMON CHICKEN (1, 12)	SCRAMBLED EGGS WITH HAM (3)
Option 2	GRILLED TURKEY	CODFISH CROQUETTES (1, 2, 3, 4, 6, 7, 8, 9, 10, 14)	GRILLED CHICKEN SAUSAGES (12)	GRILLED CHICKEN	GRILLED BEEF BURGER (12)
Side dishes	FRESH SALAD	BOILED VEGETALBES	BOILED CARROTS	DICED POTATOES WITH GARLIC AND PARSLEY	FRESH SALAD
Desserts	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT	FRESH FRUIT

Validated menus by our SANED dietitians.nutritionists (CAT002342)



FRESH FRUIT



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	Monday DAY 23	Tuesday DAY 24	Wednesday DAY 25	Thursday DAY 26	Friday DAY 27
First	BOILED PEAS AND POTATOES	CARBONARA PASTA (with cream and bacon) (1, 3, 6, 7, T6, T10)	SAUTEED RICE (sweet corn, peas and carrot)	LENTILS & VEGETABLE STEW (T1)	LEEKS CREAM
Option 2	POTATOES AU GRATIN WITH CHEESE (3, 6, 7)	BOILED BROCCOLI AND POTATOES	VEGETABLE WOK WITH SESAME AND SOY (1, 6, 11)	PESTO ROSSO PASTA (1, 5, 7, 8, T3, T6, T10)	BROWN RICE WITH HOMEMADE TOMATO SAUCE
Second	MEATBALLS IN TOMATO SAUCE (6, 12)	SCRAMBLED EGGS WITH MUSHROOMS (3)	TURKEY STEW	BAKED CHICKEN	FISH FROM LOCAL MARKET (2, 4, 14)
Option 2	LOIN WITH APPLE SAUCE	GRILLED BEEF BURGER (12)	GRILLED CHICKEN	BAKED HAKE (onion and tomato) (4, T2, T14)	GRILLED TURKEY
Side dishes	SAUTED COUSCOUS (1, T6, T10)	FRESH SALAD	SAUTEED MUSHROOMS WITH OLIVE OIL	BABY CARROT	POTATOES
Desserts	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	YOGURT (7)	FRESH FRUIT



FRESH FRUIT



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	Monday DAY 30	Tuesday DAY 31	Wednesday DAY 1	Thursday DAY 2	Friday DAY 3
First					
Option 2					
Second	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Option 2					
Side dishes					
Desserts					



FRESH FRUIT 



-  **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)