

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																	
1P PASTA WITH NAPOLITAN SAUCE AND CHEESE (1, 7, T3, T6, T10)	2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	GU FRESH SALAD	PO FRESH FRUIT	2	3	1P BEANS & VEGETABLES STEW	2P BAKED CHICKEN	GU "CALIU" POTATOES	PO FRESH FRUIT	3	1P LEEKS CREAM	2P TENDERLOIN WITH FINE HERBS	GU SWEET POTATO	PO YOGURT (7)	4	1P FISH "PAELLA" (2, 4, 9, 12, 14, T2, T4)	2P POTATOES OMELETTE (3)	GU BOILED VEGETALBES	PO FRESH FRUIT	5	1P SAUTEED PEAS WITH HAM	2P MEATBALLS IN TOMATO SAUCE (6, 12)	GU SAUTED COUSCOUS (1, T6, T10)	PO FRESH FRUIT	6
1P PESTO ROSSO PASTA (1, 5, 7, 8, T3, T6, T10)	2P BREADED COD (1, 4)	GU FRESH SALAD	PO FRESH FRUIT	9	10	1P CARROT CREAM (potato and onion)	2P GRILLED PORK LOIN	GU SAUTEED WHOLE GRAIN RICE	PO FRESH FRUIT	10	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9, T6, T10)	2P CHICKEN WITH AROMATIC HERBS (9)	GU "CALIU" POTATOES	PO FRESH FRUIT	11	1P RICE WITH HOMEMADE TOMATO SAUCE	2P SCRAMBLED EGGS WITH HAM (3)	GU SEASONED TOMATOES	PO FRESH FRUIT	12	1P LENTILS & VEGETABLE STEW (T1)	2P GRILLED CHICKEN	GU SWEET POTATO	PO YOGURT (7)	13
1P SAUTEED RICE (sweet corn, peas and carrot)	2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	GU FRESH SALAD	PO FRESH FRUIT	16	17	1P COUS COUS WITH VEGETABLES (courgette and onion) (1, T6, T10)	2P BEEF STEW	GU BOILED VEGETALBES	PO FRESH FRUIT	17	1P "FIDEUA" WITH ALIOLI SAUCE (1, 2, 3, 4, 9, 14, T4)	2P GRILLED PORK LOIN	GU BOILED CARROTS	PO YOGURT (7)	18	1P BOILED CHIKPEAS, POTATOES AND CARROTS	2P LEMON CHICKEN (1, 12)	GU DICED POTATOES WITH GARLIC AND PARSLEY	PO FRESH FRUIT	19	1P ZUCCHINI CREAM	2P SCRAMBLED EGGS WITH HAM (3)	GU FRESH SALAD	PO FRESH FRUIT	20
1P BOILED PEAS AND POTATOES	2P MEATBALLS IN TOMATO SAUCE (6, 12)	GU SAUTED COUSCOUS (1, T6, T10)	PO FRESH FRUIT	23	24	1P CARBONARA PASTA (with cream and bacon) (1, 3, 6, 7, T6, T10)	2P SCRAMBLED EGGS WITH MUSHROOMS (3)	GU FRESH SALAD	PO FRESH FRUIT	24	1P SAUTEED RICE (sweet corn, peas and carrot)	2P TURKEY STEW	GU SAUTEED MUSHROOMS WITH OLIVE OIL	PO FRESH FRUIT	25	1P LENTILS & VEGETABLE STEW (T1)	2P BAKED CHICKEN	GU BABY CARROT	PO YOGURT (7)	26	1P LEEKS CREAM	2P FISH FROM LOCAL MARKET (2, 4, 14)	GU POTATOES	PO FRESH FRUIT	27
HOLIDAY		HOLIDAY		30	31																				

Validated menus by our SANED dietitians/nutritionists (CAT002342)



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)

