

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY		HOLIDAY	
6		7		8		9		10	
1P BOILED BROCCOLI WITH CARROTS	1P RICE WITH HOMEMADE TOMATO SAUCE	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9, T6, T10)	1P ZUCCHINI CREAM	1P RICE WITH HOMEMADE TOMATO SAUCE	1P BOILED BROCCOLI AND POTATOES	1P POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9, T6, T10)	1P BOILED CHIKPEAS, POTATOES AND CARROTS	1P MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) (1, T6, T10)
2P MEATBALLS IN TOMATO SAUCE (6, 12)	2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6)	2P BAKED CHICKEN WITH APPLE (12)	2P "GALICIAN" HAKE (with onion and sweet paprika) (4, T2, T14)	2P TURKEY STEW	2P ZUCCHINI AND ONION OMELETTE (3)	2P BAKED CHICKEN	2P BREADED PORK LOIN WITH HAM & CHEESE (1, 3, 6, 7, T2, T4, T9, T10, T12, T14)	2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	2P GRILLED BEEF BURGER (12)
GU SAUTED COUSCOUS (1, T6, T10)	GU SAUTEED PEAS	GU SEASONED TOMATOES	GU LETTUCE WITH SWEET CORN AND BLACK OLIVES	GU SAUTED COUSCOUS (1, T6, T10)	GU LETTUCE, CARROT AND OLIVES SALAD	GU FRESH SALAD (lettuce, radish, and carrot)	GU SEASONED TOMATO AND OLIVES	GU SAUTEED RICE	GU LETTUCE, CARROT AND SWEET CORN
PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRUTA DE TEMPORADA	PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)
13	14	15	16	17	20	21	22	23	24
1P RICE WITH VEGETABLES SAUCE	1P LENTIL SALAD (1, 12)	1P SAUTEED RICE (sweet corn, peas and carrot)	1P LEEKS CREAM	1P PASTA SALAD (tomato, green olives, tuna, sweet corn and oregano) (1, 4, T6, T10)	1P RICE WITH VEGETABLES SAUCE	1P ZUCCHINI CREAM	1P BOILED BROCCOLI AND POTATOES	1P BOILED CHIKPEAS, POTATOES AND CARROTS	1P BOILED GREEN BEANS AND POTATOES
2P MEATBALLS IN TOMATO SAUCE (6, 12)	2P GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE (12)	2P FRIED EGGS & POTATOES WITH CRUNCHY HAM (3)	2P GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE (1, 6, 11)	2P BAKED COD (with garlic, parsley and paprika) (1, 4)	2P CHEESE OMELETTE (3, 7)	2P TURKEY STEW	2P BAKED CHICKEN	2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	2P GRILLED BEEF BURGER (12)
GU SAUTED COUSCOUS (1, T6, T10)	GU SAUTEED MUSHROOMS WITH OLIVE OIL	GU SEASONED TOMATOES	GU FRESH SALAD (lettuce, tomato and sweet corn)	GU SAUTEED BEANS WITH GARLIC AND PARSLEY	GU LETTUCE, CARROT AND OLIVES SALAD	GU SAUTED COUSCOUS (1, T6, T10)	GU FRESH SALAD (lettuce, radish, and carrot)	GU SAUTEED RICE	GU LETTUCE, CARROT AND SWEET CORN
PO FRESH FRUIT	PO VANILLA AND CHOCOLATE ICE CREAM (6, 7)	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO YOGURT (7)
27	28	29	30						
1P MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) (1, T6, T10)	1P BOILED GREEN BEANS AND POTATOES	1P SAUTEED PEAS WITH HAM	1P RICE WITH HOMEMADE TOMATO SAUCE		1P MACARONI IN NAPOLITANA SAUCE (homemade tomato sauce) (1, T6, T10)	1P ZUCCHINI CREAM	1P BOILED BROCCOLI AND POTATOES	1P BOILED CHIKPEAS, POTATOES AND CARROTS	1P BOILED GREEN BEANS AND POTATOES
2P ZUCCHINI AND ONION OMELETTE (3)	2P GRILLED BEEF BURGER (12)	2P BAKED LOIN (12)	2P GRILLED CHICKEN		2P MEATBALLS IN TOMATO SAUCE (6, 12)	2P TURKEY STEW	2P BAKED CHICKEN	2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14)	2P GRILLED BEEF BURGER (12)
GU FRESH SALAD (lettuce, tomato and sweet corn)	GU LETTUCE, CARROT AND SWEET CORN	GU LETTUCE, CARROT AND TOMATO SALAD	GU FRESH SALAD		GU SAUTED COUSCOUS (1, T6, T10)	GU SAUTED COUSCOUS (1, T6, T10)	GU FRESH SALAD (lettuce, radish, and carrot)	GU SAUTEED RICE	GU LETTUCE, CARROT AND SWEET CORN
PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT		PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO YOGURT (7)



Validated menus by our SANED dietitians/nutritionists (CAT002342)



-  **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)

