

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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 ZUCCHINI CREAM	2P BAKED CHICKEN	2P BAKED HAKE (4, T2, T14)	2P TURKEY STEW	2P TURKEY STEW
2P MEATBALLS IN TOMATO SAUCE (6, 12)	2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6)	2P BAKED CHICKEN WITH APPLE (12)	2P LETTUCE WITH SWEET CORN AND BLACK OLIVES	2P BAKED PORK LOIN	2P BAKED HAKE ((4, T2, T14)	GU SAUTED COUSCOUS (1, T6, T10)	GU LETTUCE WITH SWEET CORN AND BLACK OLIVES	GU DICED POTATOES WITH GARLIC AND PARSLEY	GU DICED POTATOES WITH GARLIC AND PARSLEY
PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRUTA DE TEMPORADA	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT
13		14		15		16		17	
1P RICE WITH VEGETABLES SAUCE	1P LENTIL STEW (T1)	1P SAUTEED RICE (sweet corn, peas and carrot)	1P LEEKS CREAM	1P ZUCCHINI CREAM	1P BOILED BROCCOLI AND POTATOES	1P POULTRY, VEGETABLES & PASTA SOUP (1, 3, 9, T6, T10)	1P HOMEMADE BREADED PORK LOIN (1, 3, 10)	1P BOILED CHIKPEAS, POTATOES AND CARROTS	1P BOILED CHIKPEAS, POTATOES AND CARROTS
2P CHEESE OMELETTE (3, 7)	2P BAKED PORK LOIN	2P OMELETTE (3)	2P GRILLED CHICKEN	2P TURKEY STEW	2P BAKED CHICKEN	2P SEASONED TOMATO AND OLIVES	2P FRESH FRUIT	2P BAKED HAKE ((4, T2, T14)	2P BAKED HAKE ((4, T2, T14)
GU LETTUCE, CARROT AND OLIVES SALAD	GU SAUTEED MUSHROOMS WITH OLIVE OIL	GU SEASONED TOMATOES	GU FRESH SALAD (lettuce, tomato and sweet corn)	GU SAUTED COUSCOUS (1, T6, T10)	GU FRESH SALAD (lettuce, radish, and carrot)	PO FRESH FRUIT	PO FRESH FRUIT	GU SAUTEED RICE	GU SAUTEED RICE
PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT	PO FRESH FRUIT
20		21		22		23		24	
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 BOILED GREEN BEANS AND POTATOES	1P SAUTEED PEAS WITH HAM	1P RICE WITH HOMEMADE TOMATO SAUCE	1P GRILLED CHICKEN	 	
2P ZUCCHINI AND ONION OMELETTE (3)	2P GRILLED BEEF BURGER (12)	2P BAKED HAKE ((4, T2, T14)	2P GRILLED CHICKEN	2P GRILLED BEEF BURGER (12)	2P BAKED HAKE ((4, T2, T14)	2P GRILLED CHICKEN			
GU FRESH SALAD (lettuce, tomato and sweet corn)	GU LETTUCE, CARROT AND SWEET CORN	GU LETTUCE, CARROT AND TOMATO SALAD	GU FRESH SALAD	GU LETTUCE, CARROT AND SWEET CORN	GU LETTUCE, CARROT AND TOMATO SALAD	GU FRESH SALAD			
PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT	PO YOGURT (7)	PO FRESH FRUIT	PO FRESH FRUIT			
27		28		29		30			

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)