

MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 1
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Courgette cream soup 		Cantonese rice 	Stewed potatoes in marinara sauce 	Lentil and vegetable stew 
Chicken nuggets with lettuce and sweetcorn salad 	Fusilli Bolognese 	Lean pork with tomato with sautéed carrot 	French omelet with mushrooms 	Dogfish in green sauce with lettuce and carrot salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Macaroni with tomato 	Carrot cream soup	Stew 	Assorted salad 	Vegetables and white bean stew 
Baked tilapia with olive, carrot, and lettuce salad 	Roast chicken ham in its natural juice 	Monkfish tail in American-style sauce with sautéed green beans 	Chicken rice 	Potato omelet with olive, carrot, and lettuce salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Macaroni with tomato and tuna 	Pumpkin cream soup		Potatoes stewed with vegetables (carrot, courgette, onion, pepper) 	Castilian-style lentil stew 
Hard-boiled egg with lettuce and sweetcorn salad 	Chicken croquettes with lettuce, tomato, sweetcorn and onion salad 	Rice and seafood 	Roasted chicken thigh in its natural sauce with sautéed carrot 	Hake in green sauce with sautéed green beans 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29

Water and bread are included in all menus.

