

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Assorted salad 	Fusilli Bolognese 	Vegetables and white bean stew 	Courgette cream soup 	Stew 
Cuban rice Chicken sausages 	Grilled hake with sautéed carrot 	Chicken brochettes with sautéed mushrooms 	Potato omelet Lettuce and tomato salad 	Andalusian-style bass with lettuce and sweetcorn salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Lettuce, tomato, sweetcorn and tuna salad 	Lentil stew with carrot and onion 	Potatoes stewed with vegetables (carrot, courgette, onion, pepper) 	Spaghetti carbonara 	Carrot cream soup 
Chicken rice	Roast chicken ham in its natural juice with mushrooms 	French omelet Lettuce and olive salad 	Baked tilapia with sautéed green beans 	Ham croquettes with lettuce, tomato and sweetcorn salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Cheakpea and vegetable stew 	Macaroni with chorizo 	Pumpkin cream soup 	Lettuce, tomato and hard-boiled egg salad 	Rice with tomato sauce 
Grilled Smooth dogfish with mushrooms 	Hard-boiled eggs with lettuce and carrot salad 	Andalusian-style hake with lettuce and tomato salad 	Lean pork with tomato with boiled potatoes 	Baked Frankfurter with sautéed carrot 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Lentil and vegetable stew 	Carrot cream soup 	Lettuce, sweetcorn, grated carrot, green olive and hard-boiled egg salad 	Rice with vegetables 	Potato stew with chicken 
Lean pork stew to the gardener 	Lettuce, tomato and sweetcorn salad 	Tri-colour fusilli with tuna 	Monkfish tail in American-style sauce with lettuce and sweetcorn salad 	Scrambled eggs with mushrooms with lettuce and carrot salad 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
Vegetable cream soup 	White beans with chorizo with croutons 	Potato and fish stew 		
Grilled hamburger with sautéed mushrooms 	Lean pork with tomato with roasted vegetables 	Scrambled courgettes and onions with lettuce and carrot salad 		
Fruit	Fruit yoghurt 	Fruit		
Water and bread are included in all menus.				