


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
LUNCH				CESAR SALAD: lettuce, tomatoes, black olives, breaded chicken, mayonnaise, cheese, croutons(1,3,6,7)	CRUDITÉS WITH HUMMUS
DINNER				FUSSILI WITH TOMATO SAUCE	GRILLED CHICKEN WITH CHIMICHURRI SAUCE
	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
LUNCH	COLD TOMATO SOUP SPAGHETTI WITH SPINATCH PESTO AND CREAM CHEESE (1,3,7) FRENCH OMELETTE (3) SEASONAL FRUIT	MIXED SALAD BEEF CHEESEBURGER WITH BREAD ROAST POTATOS SEASONAL FRUIT	BEAN STEW WITH VEGETABLES GRILLED SALMON (4) STIR FRIED RICE SEASONAL FRUIT	TOMATO SALAD CHICKEN BREAST WITH SAUCE COUSCOUS WITH VEGETABLES (1) SEASONAL FRUIT	CARROT SOUP WITH ORANGE BREADED HADDOCK(1,4) STEAMED BROCCOLI, POTATOS AND CARROTS DESSERT (7)
DINNER	Grilled cod with carrots, potato and peas Seasonal fruit	Quinoa salad with cheese, avocado and cucumber Seasonal fruit	Potato omelette with ratatouille Seasonal fruit	Green beans with potato + vegetable burger Seasonal fruit	Egg plant stuffed with minced meet + rice Seasonal fruit
	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
LUNCH	MIXED SALAD WITH CONR AND CHERRY TOMATOS SPRING ROLLS (1,6) RICE WITH CURRY SAUCE SEASONAL FRUIT	TOMATO SOUP HAKE FINGERS (1,2,3,4,7) BULGUR WITH VEGETABLES (1) SEASONAL FRUIT	MIXED SALAD WITH APPLE: lettuce, corn, apple, cucumber, yogurt without lactos, lemon (7) TURKEY STEW ROASTED POTATOES WITH ROSEMARY SEASONAL FRUIT	PASTA CARBONARA (1,3,7) OMELETT WITH ZUCCINI (3) GREEK SALAD: tomato, cucumber, olives, yogurt without lactos (7), oregano y lemon SEASONAL FRUIT	LENTIL SALAD MIXED FIDEUÁ (1,2,3,4,14) YOGURT (7)
DINNER	Potato salad with tuna, tomato, onion and olives Seasonal fruit	Mexican burritos with chicken and vegetables Seasonal fruit	Grilled salmon with vegetables and rice Seasonal fruit	Grilled chicken + quinoa salad with carrots and apple Seasonal fruit	Vegetable soup + fried egg with french frise Seasonal fruit
	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
LUNCH	AUTUMN PASTA (1,3): cherry tomatoes, olives, basil SCRAMBLED EGG WITH CHEESE (3,7) SAUTEED GREEN BEANS SEASONAL FRUIT	CHICKPEA STEW MEETBALLS WITH TOMATO SAUCE STEAMED RICE SEASONAL FRUIT	COLD TOMATO SOUP TUNA BURGER (3,4) ROAST POTATOES WITH SOUR CREAM (7) SEASONAL FRUIT	CRUDITÉS WITH GUACAMOLE CHICKEN BREAST IN PEPPER SAUCE (7) STEAMED VEGETABLES WITH BULGUR SEASONAL FRUIT	SALAD WITH TUNA (4) PIZZA (1,7) DESSERT (7)
DINNER	Hake, broccoli and carrot pie Seasonal fruit	Baked chicken with potato, onion, zucchini Seasonal fruit	Salad + crepe with ham and champions Seasonal fruit	Pasta salad with cheese and vegetables Seasonal fruit	Chickpea tabbouleh Seasonal fruit
	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
LUNCH	MIXED SALAD WITH CORN AND BOILD EGG (3) GNOCCHIS WITH CHEESE SAUCE (7) SEASONAL FRUIT	PUMPKIN SOUP BREADED CHICKEN (1,3) BACKED POTATO WITH GARLIC AND PARSLI SEASONAL FRUIT	TRAMPÓ WITH CHICKPEAS MIXED PAELLA (2,4,14) SEASONAL FRUIT	CARROT SOUP WITH GINGER BAKED HAKE (4) VEGETABLES WITH POTATO SEASONAL FRUIT	CAPRESE SALAD: tomatoes, mozzarella, basil BEEF LASAGNA (1,3,7) YOGURT (7)
DINNER	Spinach croquets and quinoa salad Seasonal fruit	Scrambeled eggs with ham and rice with peas Seasonal fruit	Grilled chicken with mashrooms and potatos Seasonal fruit	Chicken sausages with hummus and vegetable sticks Seasonal fruit	Spinach and pear soup + potato omelette Seasonal fruit



Information about the menu