

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<i>Holiday</i>		<i>Holiday</i>		<i>Holiday</i>		<i>Holiday</i>		<i>Holiday</i>		
5		6		7		8		9		
1P PESTO ROSSO PASTA (1, 5, 7, 8, T3, T6, T10) 2P BAKED HAKE (onion and tomato) (4) GU FRESH SALAD PO FRESH FRUIT	1P BOILED GREEN BEANS AND POTATOES 2P MEATBALLS WITH VEGETABLE AND CURRY SAUCE (T1, T8, T10, T12) GU SAUTEED MUSHROOMS PO FRESH FRUIT	1P RICE WITH HOMEMADE TOMATO SAUCE 2P HAM CROQUETTES (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14) GU SAUTEED PEAS PO YOGURT (7)	1P CARBONARA PASTA (cream and bacon) (1, 3, 7, T6, T10) 2P BAKED CHICKEN AND PUMPKIN GU LETTUCE AND TOMATO SALAD PO FRESH FRUIT	1P STEWED LENTILS (6, T1) 2P COD WITH PIL PIL (4) GU LETTUCE, CARROT AND SWEET CORN SALAD PO FRESH FRUIT	12		13		14	
1P BOILED MIXED VEGETABLES 2P LOIN WITH CHEESE SAUCE (7, T3) GU SWEET POTATO PO FRESH FRUIT	1P VEGETABLE RICE "PAELLA" (onion, red and green pepper, leek, peas and green beans) 2P COOKED HAM OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT	1P FABADA ASTURIANA (6) 2P MONKFISH CASSEROLE (1, 2, 4, 9, 14, T4) GU FRESH SALAD PO FRESH FRUIT	1P SAUTEED RICE WITH VEGETABLES 2P POTATOES AND ONION OMELETTE (3) GU SEASONED TOMATOES PO YOGURT (7)	1P PUMPKIN CREAM (potatoes and onion) 2P GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE (1, 6, 11) GU FRIED AUBERGINES WITH HONEY SAUCE PO FRESH FRUIT	15		16		19	
1P BOILED BROCCOLI AND POTATOES 2P GRILLED PORK & BEEF BURGER (12) GU FRESH SALAD (lettuce, radish, and carrot) PO YOGURT (7)	1P CHICKPEAS STEW WITH "CHORIZO" 2P TUNA STEW (2, 4, 6, 14, T4) GU BABY CARROT PO FRESH FRUIT	"PICADILLO" SOUP" (1, T3, T6, T10) 1P FRESH FISH (4) 2P FRESH SALAD (lettuce, red pepper, and carrot) GU FRESH FRUIT PO FRESH FRUIT	1P VEGETABLES CREAM (onion, broccoli and sweet potato) 2P BAKED CHICKEN WITH THYME GU FRESH SALAD (lettuce, apple and carrots) PO YOGURT (7)	1P BEANS & VEGETABLES STEW 2P HAKE IN GREEN SAUCE (1, 2, 4, 9, 14, T4) GU SEASONED TOMATOES PO FRESH FRUIT	20		21		22	
26		27		28		29		30		
1P BOILED BROCCOLI AND POTATOES 2P GRILLED PORK & BEEF BURGER (12) GU FRESH SALAD (lettuce, radish, and carrot) PO YOGURT (7)	1P CHICKPEAS STEW WITH "CHORIZO" 2P TUNA STEW (2, 4, 6, 14, T4) GU BABY CARROT PO FRESH FRUIT	1P LEEKS CREAM 2P TURKEY STEW GU SAUTEED BASMATI RICE PO FRESH FRUIT	1P CARIBBEAN STYLE CALYPSO RICE 2P COCONUT AND LIME CHICKEN GU FRESH SALAD PO FRESH FRUIT	1P BOLOGNESE PASTA (1, T3, T6, T10) 2P CHEESE OMELETTE (3, 7) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT	26		27		28	

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)