

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01
 VEGETABLE CREAM SOUP
 SPIRAL PASTA WITH TOMATO
 LETTUCE
 NATURAL YOGHURT
 KCal. 666 H.C. 101 Lip. 23 P. 20

02
 POCHA WHITE BEANS
 BATTER-COATED HAKE FILLET
 LEMON
 PEAR
 KCal. 582 H.C. 75 Lip. 19 P. 32

03
 GREEN BEANS WITH POTATOES
 ALBONDIGAS EN SALSA
 CHAMPIÑONES
 APPLE
 KCal. 539 H.C. 49 Lip. 28 P. 24

04
 PARDINA LENTIL SOUP
 ROAST CHICKEN LEG
 LETTUCE AND CARROT
 ORANGE
 KCal. 555 H.C. 62 Lip. 20 P. 35

05
 RICE WITH VEGETABLES AND
 CURCUMA
 AJOARRIERO COD
 TANGERINE
 KCal. 711 H.C. 105 Lip. 24 P. 26

08
 PEAS WITH POTATOES
 MARINATED PORK LOIN WITH
 RATATOUILLE
 APPLE
 KCal. 449 H.C. 58 Lip. 13 P. 27

09
 WHOLE GRAIN MACARONI WITH
 TOMATO SAUCE
 CHICKEN FILLET IN SAUCE
 PEAR
 KCal. 805 H.C. 109 Lip. 26 P. 40

10
 PINTA BEANS WITH VEGETABLES
 BATTER-COATED DAB FILLET
 LETTUCE
 ORANGE
 KCal. 624 H.C. 69 Lip. 31 P. 41

11
 PUMPKIN CREAM SOUP
 SPANISH POTATO OMELETTE
 LETTUCE
 NATURAL YOGHURT
 KCal. 589 H.C. 63 Lip. 30 P. 17

12
 RICE WITH TOMATO SOUCE
 HAKE FILLET IN GREEN SAUCE
 TANGERINE
 KCal. 730 H.C. 108 Lip. 25 P. 23

15
 VEGETABLE STEW
 SAN JACOBO
 LETTUCE
 APPLE
 KCal. 743 H.C. 77 Lip. 43 P. 14

16
 CHICKPEAS BY THEMSELVES
 OVEN-BAKED CODFISH WITH
 VEGETABLES
 PEAR
 KCal. 540 H.C. 69 Lip. 15 P. 36

17
 ORGANIC BROCCOLI CREAM SOUP
 PORK LOIN IN VEGETABLE SAUCE
 NATURAL YOGHURT
 KCal. 481 H.C. 36 Lip. 24 P. 28

18
 CUBAN RICE
 ROAST CHICKEN LEG
 LETTUCE
 TANGERINE
 KCal. 761 H.C. 100 Lip. 30 P. 30

not school

22
 LENTILS GARDENER STYLE
 BATTER-COATED DAB FILLET
 LETTUCE
 ORANGE
 KCal. 596 H.C. 64 Lip. 31 P. 40

23
 GREEN BEANS WITH POTATOES
 HAMBURGER IN SAUCE
 BANANA
 KCal. 559 H.C. 55 Lip. 28 P. 26

24
 RICE WITH TOMATO SOUCE
 HAKE FILLET IN SAILOR SAUCE
 TANGERINE
 KCal. 730 H.C. 108 Lip. 25 P. 23

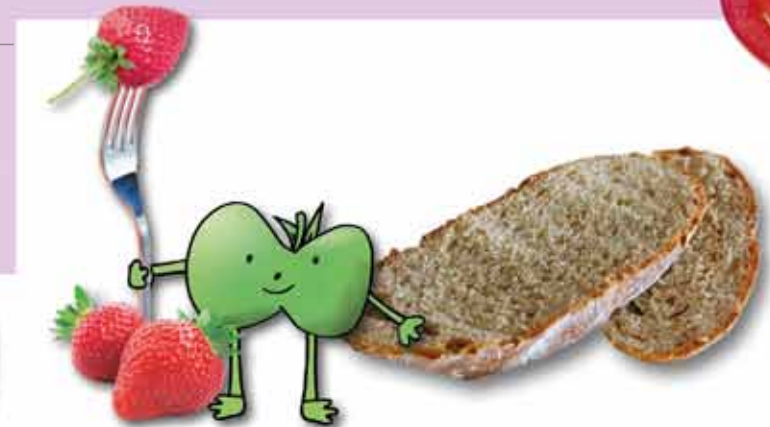
25
 POCHA WHITE BEANS
 COUNTRY CHICKEN
 APPLE
 KCal. 663 H.C. 79 Lip. 21 P. 43

26
 VEGETABLE PURÉE
 MACARONI WITH TOMATO
 NATURAL YOGHURT
 KCal. 677 H.C. 104 Lip. 23 P. 20

29
 ZUCCHINI AND LEEK CREAM SOUP
 RICE WITH CHICKEN AND VEGETABLES
 TANGERINE
 KCal. 830 H.C. 120 Lip. 35 P. 17

30
 LENTILS WITH LEEK AND CARROT
 SPANISH POTATO OMELETTE
 LETTUCE
 APPLE
 KCal. 688 H.C. 87 Lip. 28 P. 23

31
 SPIRAL PASTA WITH TOMATO
 BATTER-COATED HAKE FILLET
 LETTUCE
 ICE CREAM
 KCal. 754 H.C. 94 Lip. 32 P. 27



CLICK
HERE

