



monday

tuesday

wednesday

thursday

friday



01
RICE WITH TOMATO SOUCE
OVEN-BAKED CODFISH WITH
VEGETABLES
APPLE
BREAD LOAF
KCal. 775 H.C. 111 Lip. 27 P. 30

02 km.0
BORAGE WITH SAUTÉE
PORK LOIN WITH HOMEMADE
TOMATO SAUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 546 H.C. 47 Lip. 28 P. 29

03
CHICKPEAS BY THEMSELVES
BATTER-COATED HAKE FILLET
LETTUCE
MELON
BREAD LOAF
KCal. 640 H.C. 68 Lip. 29 P. 32



iconography
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06 km.0
LENTILS GARDENER STYLE
AJOARRIERO COD
LETTUCE
YOGHURT
BREAD LOAF
KCal. 676 H.C. 80 Lip. 25 P. 37

07
POTATO SALAD
CHICKEN IN A MILD MUSTARD SAUCE
WATERMELON
BREAD LOAF
KCal. 688 H.C. 39 Lip. 42 P. 36

08
WHOLE GRAIN MACARONI WITH
BOILED EGG
PORK STEAK IN ORANGE SAUCE
APPLE
BREAD LOAF
KCal. 801 H.C. 108 Lip. 28 P. 35

09
RICE WITH VEGETABLES AND
CURCUMA
HAKE FILLET ORIO STYLE
NECTARINE
BREAD LOAF
KCal. 640 H.C. 101 Lip. 19 P. 21

10
LEEK,POTATO AND CARROT PURÉE
HAMBURGER WITH TOMATO SAUCE
LETTUCE
BANANA
BREAD LOAF
KCal. 649 H.C. 71 Lip. 31 P. 25



13
ELBOW PASTA WITH TOMATO
PORK LOIN IN VEGETABLE SAUCE
APPLE
BREAD LOAF
KCal. 871 H.C. 109 Lip. 35 P. 33



15
CHICKPEAS WITH CARROT SAUTÉED GARLIC
ROAST CHICKEN LEG
LETTUCE
PEAR
BREAD LOAF
KCal. 677 H.C. 68 Lip. 31 P. 34

16
YANG ZHOU RICE
BATTER-COATED CODFISH FILLET
LETTUCE
WATERMELON
BREAD LOAF
KCal. 869 H.C. 103 Lip. 38 P. 34

17
VEGETABLE CREAM SOUP
SPANISH POTATO OMELETTE
LETTUCE
BANANA
BREAD LOAF
KCal. 588 H.C. 75 Lip. 26 P. 14



20
SPIRAL PASTA WITH TOMATO
HAKE FILLET ORIO STYLE
LETTUCE
BANANA
BREAD LOAF
KCal. 707 H.C. 101 Lip. 25 P. 25

21
LENTILS WITH LEEK AND CARROT
RIVERSIDE STEW WITH POTATOES
MELON
BREAD LOAF
KCal. 691 H.C. 74 Lip. 25 P. 47

22 km.0
CARROT CREAM SOUP
MEATBALLS WITH TOMATO SAUCE
YOGHURT
BREAD LOAF
KCal. 537 H.C. 68 Lip. 18 P. 27

23 holidays

24 holidays



27

holidays

28

holidays

29

holidays

30

holidays

23

