

monday

tuesday

wednesday

thursday

friday

02

ELBOW PASTA WITH TOMATO
HAKE FILLET IN GREEN SAUCE
LETTUCE AND CORN
YOGHURT
BREAD LOAF
KCal. 795 H.C. 107 Lip. 30 P. 20

03



POTATO SALAD
RICE WITH CHICKEN AND VEGETABLES
APPLE
BREAD LOAF
KCal. 973 H.C. 119 Lip. 48 P. 20

04

POCHA WHITE BEANS
SPANISH POTATO OMELETTE
LETTUCE
BANANA
BREAD LOAF
KCal. 729 H.C. 98 Lip. 27 P. 25

05

GREEN BEANS WITH POTATOES
MEATBALLS WITH TOMATO SAUCE
PEAR
BREAD LOAF
KCal. 484 H.C. 65 Lip. 15 P. 25

06

CHICKPEAS BY THEMSELVES
BATTER-COATED DAB FILLET
LETTUCE
ORANGE
BREAD LOAF
KCal. 671 H.C. 69 Lip. 29 P. 38

09

CARROT CREAM SOUP
HAKE WITH HAM AND CHEESE
LETTUCE
APPLE
BREAD LOAF
KCal. 604 H.C. 71 Lip. 30 P. 15

10

LENTILS WITH LEEK AND CARROT
STEWED TURKEY
ORANGE
BREAD LOAF
KCal. 626 H.C. 74 Lip. 19 P. 44

11

MACARONI WITH TUNA AND BOILED
EGG
HAKE FILLET IN ARTICHOKE SAUCE
BANANA
BREAD LOAF
KCal. 659 H.C. 106 Lip. 17 P. 28

12



BORAGE WITH POTATOES
RUSSIAN STEAK MUSHROOMS
LETTUCE AND CARROT
NATURAL YOGHURT
BREAD LOAF
KCal. 642 H.C. 46 Lip. 38 P. 30

13

RICE WITH TOMATO SOUCE
ROAST CHICKEN LEG WITH HERBS
LETTUCE
PEAR
BREAD LOAF
KCal. 813 H.C. 110 Lip. 32 P. 28

16



VEGETABLE CREAM SOUP
RICE WITH VEGETABLES, CURCUMA
AND CHICKEN
YOGHURT
BREAD LOAF
KCal. 593 H.C. 98 Lip. 15 P. 21

17

CHICKPEAS WITH CARROT SAUTÉED GARLIC
HAKE FILLET ORIO STYLE WITH BAKER
POTATOES
ORANGE
BREAD LOAF
KCal. 649 H.C. 72 Lip. 28 P. 30

18

VEGETABLE STEW
HAM CROQUETTES
LETTUCE
BANANA
BREAD LOAF
KCal. 867 H.C. 83 Lip. 54 P. 16

19

MACARONI WITH TOMATO
ROAST CHICKEN LEG
LETTUCE
PEAR
BREAD LOAF
KCal. 727 H.C. 94 Lip. 28 P. 30

20

PINTA BEANS WITH VEGETABLES
BATTER-COATED DAB FILLET
LETTUCE AND CARROT
APPLE
BREAD LOAF
KCal. 632 H.C. 73 Lip. 23 P. 38

23

LENTILS WITH SWEET POTATOE
AJOARRIERO COD
LETTUCE AND CORN
APPLE
BREAD LOAF
KCal. 679 H.C. 88 Lip. 24 P. 34

24



25

SWISS CHARD WITH SAUTEE
CHICKEN FILLET IN SAUCE
LETTUCE
MELON
BREAD LOAF
KCal. 658 H.C. 58 Lip. 33 P. 34

26



ORGANIC BROCCOLI CREAM SOUP
RIVERSIDE STEW
BANANA
BREAD LOAF
KCal. 632 H.C. 53 Lip. 28 P. 46

27

CUBAN RICE
HAKE FILLET IN SPINACH AND
CORIANDER SAUCE
ORANGE
BREAD LOAF
KCal. 692 H.C. 106 Lip. 21 P. 25

30



PEAS CREAM SOUP
WHOLE GRAIN MACARONI WITH
TOMATO SAUCE
ORANGE
BREAD LOAF
KCal. 617 H.C. 109 Lip. 14 P. 20

31

WHITE BEANS WITH PEPPER AND CARROT
SPANISH POTATO OMELETTE
LETTUCE
PEAR
BREAD LOAF
KCal. 682 H.C. 92 Lip. 25 P. 24



23

