



monday

tuesday

wednesday

thursday

friday

01

not school

02

km.0

VEGETABLE CREAM SOUP
HAMBURGER IN SAUCE
LETTUCE
NATURAL YOGHURT
BREAD LOAF
KCal. 602 H.C. 42 Lip. 36 P. 29

03

POCHA WHITE BEANS
CHICKEN FILLET IN APPLE SAUCE
PEAR
BREAD LOAF
KCal. 664 H.C. 83 Lip. 20 P. 43

04

RICE WITH GREEN BEANS, PEPPER AND MUSHROOMS
COD IN GREEN SAUCE
TANGERINE
BREAD LOAF
KCal. 807 H.C. 110 Lip. 29 P. 31

05

BORAGE WITH SAUTÉE
PORK LOIN IN VEGETABLE SAUCE
LETTUCE AND CORN
APPLE
BREAD LOAF
KCal. 659 H.C. 58 Lip. 35 P. 28

08

km.0

HOMEMADE LENTIL SOUP
BATTER-COATED DAB FILLET
LETTUCE
YOGHURT
BREAD LOAF
KCal. 603 H.C. 61 Lip. 25 P. 37

09

ZUCCHINI CREAM SOUP
RICE WITH CHICKEN AND VEGETABLES
PEAR
BREAD LOAF
KCal. 862 H.C. 125 Lip. 36 P. 16

10

eko

CHICKEN SOUP WITH ECOLOGICAL NOODLES
BREADED PORK LOIN WITH TOMATO SAUCE
LETTUCE AND CARROT
ORANGE
BREAD LOAF
KCal. 545 H.C. 55 Lip. 25 P. 29

11

STEAMED GREEN BEANS
VEAL STEW
APPLE
BREAD LOAF
KCal. 537 H.C. 55 Lip. 20 P. 36

12

CHICKPEAS WITH PUMPKIN
HAKE FILLET IN SAILOR SAUCE
LETTUCE
BANANA
BREAD LOAF
KCal. 589 H.C. 80 Lip. 18 P. 30

15

km.0

PEAS CREAM SOUP
SPANISH POTATO OMELETTE
LETTUCE AND OLIVES
YOGHURT
BREAD LOAF
KCal. 631 H.C. 72 Lip. 29 P. 20

16

RICE WITH TOMATO SOUCE
BATTER-COATED HAKE FILLET
LETTUCE
TANGERINE
BREAD LOAF
KCal. 874 H.C. 109 Lip. 40 P. 25

17

SWISS CHARD WITH POTATOES
CHICKEN IN A MILD MUSTARD SAUCE
LETTUCE
APPLE
BREAD LOAF
KCal. 736 H.C. 58 Lip. 42 P. 35

18

PINTA BEANS WITH CABBAGE
FRESH PORK LOIN IN PIQUILLO-PEPPER SAUCE
ORANGE
BREAD LOAF
KCal. 768 H.C. 83 Lip. 29 P. 49

19

ELBOW PASTA WITH TOMATO
OVEN-BAKED CODFISH WITH VEGETABLES
PEAR
BREAD LOAF
KCal. 715 H.C. 100 Lip. 23 P. 32

22

PUMPKIN CREAM SOUP
MACARONI WITH TUNA AND BOILED EGG
APPLE
BREAD LOAF
KCal. 669 H.C. 115 Lip. 18 P. 17

23

PARDINA LENTIL SOUP
AJOARRIERO COD
LETTUCE
ORANGE
BREAD LOAF
KCal. 687 H.C. 80 Lip. 28 P. 35

24

FISH SOUP
BREADED PORK LOIN
PEPER
APPLE
BREAD LOAF
KCal. 605 H.C. 52 Lip. 32 P. 30

25

km.0

GREEN BEANS WITH POTATOES
CHICKEN IN PLUM SAUCE
LETTUCE AND CORN
YOGHURT
BREAD LOAF
KCal. 515 H.C. 52 Lip. 21 P. 30

26

WHITE BEANS WITH PEPPER AND CARROT
RICE SAUSAGE WITH TOMATO
BANANA
BREAD LOAF
KCal. 725 H.C. 92 Lip. 31 P. 25

29

not school

30

MACARONI WITH RATATOUILLE
ROAST CHICKEN LEG
LETTUCE
APPLE
BREAD LOAF
KCal. 695 H.C. 98 Lip. 22 P. 30

23

