

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Rice with vegetables 	Castilian-style chickpea stew 	Homemade poultry noodle soup 
		Homemade meatballs 	Cod rioja style 	Chicken thigh in its natural juice 
		Fruit yoghurt 	Fruit	Vanilla custard cup 
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Sautéed green beans with potatoes and carrot 	Macaroni Bolognese 	White bean stew 		
Fresh sausages in tomato sauce 	Kingklip in red pepper sauce with lettuce 	French omelet with a slice of ham 		
Fruit yoghurt 	Fruit	Fruit		
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Rioja-style stewed potatoes 	Chickpea and vegetable stew 	Vegetable stew 	Homemade poultry noodle soup 	Portuguese-style rice 
Pork fillet in English-style sauce with red peppers 	Breaded limanda with lettuce 	Turkey roll in demi-glace sauce 	Chicken thigh in its natural juice 	Hake loin in alicantine sauce 
Fruit	Fruit yoghurt 	Fruit	Fruit yoghurt 	Fruit
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Macaroni Milanese 	Maravilla-style lentils 	Sautéed green beans with potatoes and carrot 	Homemade zucchini and pumpkin cream 	Vegetables and white bean stew 
Cod in green sauce 	Roast marinated pork loin with chips 	Potato omelet with a slice of ham 	Turkey stew with vegetable sauce 	Homemade meatballs 
Fruit	Fruit yoghurt 	Fruit	Fruit yoghurt 	Fruit
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Rice with tomato sauce 				
Homemade Cordon Bleu with lettuce 				
Fruit yoghurt 				
Water and bread are included in all menus.				