

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		01 Kcal. 569 P. 28 Lip. 9 H.C. 87 - TRADITIONAL FABADA - BAKED LACON WITH STEAM POTATOES INTERNATIONAL DAY OF OLDER PERSONS	02 Kcal. 669 P. 39 Lip. 26 H.C. 60 - VEGETABLE CREAM - CHICKEN THIGHS IN PEPITORIA SAUCE - CARROT AND COOKED EGG - FRESH FRUIT, MILK AND BREAD	03 Kcal. 749 P. 26 Lip. 21 H.C. 106 - WHITE RICE WITH TOMATO - BEEF BURGER IN SPRING SAUCE - POTATOES AND PEAS - FRESH FRUIT, MILK AND BREAD	04 Kcal. 556 P. 25 Lip. 15 H.C. 74 - STARS SOUP - HAM OMELETTE - LETTUCE AND OLIVES SALAD - FRESH FRUIT, MILK AND BREAD
07 Kcal. 764 P. 43 Lip. 21 H.C. 100 - MIXED PAELLA - TOMATO TUNA - VEGETABLES SOFRITO - FRESH FRUIT, MILK AND BREAD	08 Kcal. 591 P. 29 Lip. 19 H.C. 67 - LEEK AND CARROT PURÉE - BEEF RAGOUT - MUSHROOM AND PEAS - FRESH FRUIT, MILK AND BREAD	09 Kcal. 613 P. 23 Lip. 16 H.C. 87 ● LENTILS ECOLOGICAL WITH VEGETABLES - FRIED EGGS - POTATOES - FRESH FRUIT, MILK AND BREAD	10 Kcal. 768 P. 37 Lip. 17 H.C. 105 - NAPOLITAN MACARONI - CHICKEN FILLET - LETTUCE AND TOMATO SALAD - FRESH FRUIT, MILK AND BREAD	11 Kcal. 787 P. 34 Lip. 26 H.C. 99 - COCIDO SOUP - MADRILENIAN STEW - FRESH FRUIT, MILK AND BREAD	
14 Kcal. 791 P. 26 Lip. 25 H.C. 110 - ITALIAN PASTA - MEATBALLS IN CAZADORA SAUCE - POTATOES AND CARROT - FRESH FRUIT, MILK AND BREAD	15 Kcal. 697 P. 15 Lip. 20 H.C. 102 - COURGETTE CREAM - SPANISH OMELETTE - LETTUCE AND HAM SALAD - FRESH FRUIT, MILK AND BREAD	16 Kcal. 750 P. 32 Lip. 19 H.C. 104 - FRIED RICE - RIOJANA LEAN - PEPPERS AND TOMATO - FRESH FRUIT, MILK AND BREAD	17 Kcal. 840 P. 60 Lip. 35 H.C. 64 - NOODLE SOUP - ROAST CHICKEN - POTATOES - FRESH FRUIT, MILK AND BREAD	18 Kcal. 586 P. 29 Lip. 9 H.C. 92 - VEGETABLE LENTILS - ORLY HAKE - LETTUCE AND CARROT SALAD - FRESH FRUIT, MILK AND BREAD	
21 Kcal. 566 P. 17 Lip. 20 H.C. 78 - MARAVILLA SOUP - CHORIZO OMELETTE - LETTUCE AND CORN SALAD - FRESH FRUIT, MILK AND BREAD	22 Kcal. 734 P. 22 Lip. 24 H.C. 100 - RICE WITH VEGETABLES - GRILLED BEEF BURGER - POTATOES - FRESH FRUIT, MILK AND BREAD	23 Kcal. 555 P. 26 Lip. 13 H.C. 88 - STEW CHICKPEAS - ROMANA COD - LETTUCE AND OLIVES SALAD - FRESH FRUIT, MILK AND BREAD	24 Kcal. 828 P. 39 Lip. 28 H.C. 98 - GRATIN PASTA - CHICKEN STEW - CARROT AND PEAS - FRESH FRUIT, MILK AND BREAD	25 Kcal. 502 P. 15 Lip. 14 H.C. 69 - GREEN BEANS WITH POTATOES - HOME CORDON BLEU - LETTUCE AND TOMATO SALAD - FRESH FRUIT, MILK AND BREAD	
28 Kcal. 526 P. 20 Lip. 8 H.C. 83 - PUMPKIN CREAM - SMOKED LOIN - WHITE RICE - FRESH FRUIT, MILK AND BREAD	29 Kcal. 621 P. 34 Lip. 13 H.C. 84 - POTATOES WITH LEAN - ANDALUZA ANCHOVIES - LETTUCE AND CARROT SALAD - FRESH FRUIT, MILK AND BREAD	30 Kcal. 722 P. 33 Lip. 26 H.C. 85 - COCIDO SOUP - MADRILENIAN STEW - FRESH FRUIT, MILK AND BREAD	31 NON-SCHOOL DAY		

	FOOD EATEN AT LUNCHTIME	DINNER SUGGESTIONS
Dinner	Rice, pasta, potatoes or pulses	Raw or cooked vegetables
	Vegetables	Rice, pasta or potatoes
	Meat	Fish or egg
	Fish	Meat or egg
	Egg	Fish or meat
	Fruit	Dairy or fruit
	Dairy	Fruit