

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

09 Kcal. 762 P. 33
Lip. 28 H.C. 86

- **Lentils ecological** with vegetables
- Spanish omelette
- Lettuce and tomato salad
- Fresh fruit, milk and bread

16 Kcal. 836 P. 22
Lip. 38 H.C. 99

- Fried rice
- Chicken nuggets
- Lettuce and tomato salad
- Fresh fruit, milk and bread

23 Kcal. 809 P. 40
Lip. 27 H.C. 94

- Lentils with rice
- Orly hake
- White cheese lettuce salad
- Fresh fruit, milk and bread

30 Kcal. 718 P. 27
Lip. 24 H.C. 95

- Cream pasta
- Fish fillet
- Lettuce and york salad
- Fresh fruit, milk and bread

10 Kcal. 794 P. 40
Lip. 29 H.C. 91

- Rice with lean
- Chilindron chicken
- Potatoes
- Fresh fruit, milk and bread

17 Kcal. 734 P. 37
Lip. 33 H.C. 64

- White beans with vegetables
- Grilléd loin
- Aubergines
- Fresh fruit, milk and bread

24 Kcal. 805 P. 35
Lip. 25 H.C. 103

- Gratin pasta
- Stew lean
- Potatoes and peas
- Fresh fruit, milk and bread

11 Kcal. 713 P. 22
Lip. 40 H.C. 62

- Courgette cream
- Milanese scalope
- Lettuce and corn salad
- Fresh fruit, milk and bread

18 Kcal. 837 P. 41
Lip. 31 H.C. 94

- Macaroni with tomato and bacon
- Andaluza fish
- Salad with lettuce and olives
- Fresh fruit, milk and bread

25 Kcal. 755 P. 39
Lip. 32 H.C. 74

- Stew potatoes
- Breaded chicken fillet
- Lettuce and croutons salad
- Fresh fruit, milk and bread

05 Kcal. 715 P. 20
Lip. 35 H.C. 72

- Baked rice
- Villarroy eggs
- Lettuce and tomato salad
- Fresh fruit, milk and bread

12 Kcal. 843 P. 44
Lip. 37 H.C. 79

- Italian pasta
- Stew mackerel
- Baby carrot
- Fresh fruit, milk and bread

19 Kcal. 757 P. 28
Lip. 35 H.C. 78

- Sautéed green beans
- Meatballs in cazadora sauce
- Potato and mushroom
- Fresh fruit, milk and bread

26 Kcal. 880 P. 37
Lip. 44 H.C. 78

- Cocido soup
- Madrilenian stew
- Fresh fruit, milk and bread

06 Kcal. 709 P. 29
Lip. 11 H.C. 112

- Vegetable cream
- Meatballs in jardinera suace
- Potato and peas
- Fresh fruit, milk and bread

13 Kcal. 712 P. 28
Lip. 35 H.C. 78

- Noodle soup
- Beef burger in sauce
- Pumpkin and peas
- Fresh fruit, milk and bread

20 Kcal. 721 P. 18
Lip. 36 H.C. 77

- Leek and spinach cream
- Fried eggs
- Potatoes
- Fresh fruit, milk and bread

27 Kcal. 730 P. 19
Lip. 34 H.C. 83

- Pumpkin cream
- Spanish omelette
- Lettuce and tomato salad
- Fresh fruit, milk and bread



Dinner

FOOD EATEN AT LUNCHTIME

- Rice, pasta, potatoes or pulses _____
- Vegetables _____
- Meat _____
- Fish _____
- Egg _____
- Fruit _____
- Dairy _____

DINNER SUGGESTIONS

- Raw or cooked vegetables _____
- Rice, pasta or potatoes _____
- Fish or egg _____
- Meat or egg _____
- Fish or meat _____
- Dairy or fruit _____
- Fruit _____