


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

★	★	★	★	★
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6	7	8	9	10
1P LEEKS AND PARSNIP CREAM BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14, T6, T10) 2P GU FRESH FRUIT PO	1P SAUTEED RICE 2P BEEF STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7)	1P PASTA WITH NAPOLITAN SAUCE (1, T6, T10) 2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6, T8, T9, T10, T11) GU LETTUCE AND OLIVES SALAD PO FRESH FRUIT	1P BOILED BROCCOLI AND POTATOES 2P BAKED CHIKEN STEW GU SAUTED COUSCOUS (1) PO YOGURT (7)	1P LENTILS & VEGETABLE STEW 2P SWEET POTATOES OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT
13	14	15	16	17
HOLIDAY	1P PASTA WITH VEGETABLE SAUCE (1, T6, T10) 2P OMELETTE (3) GU SOY SALAD (carrot, soy sprouts and corn) WITH OREGANO VINAIGRETTE (6, 12) PO YOGURT (7)	1P BOILED CHIKPEAS, POTATOES AND CARROTS 2P TURKEY STEW GU SAUTEED APPLE PO FRESH FRUIT	1P RICE WITH HOMEMADE TOMATO SAUCE FRESH FISH FROM THE PROXIMITY MARKET (4) 2P GU LETTUCE, CARROT AND TOMATO SALAD PO YOGURT (7)	1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P BAKED CHICKEN GU CRUDITES PO FRESH FRUIT
20	21	22	23	24
1P BOILED GREEN BEANS AND POTATOES MEATBALLS WITH VEGETAL SAUCE (12) 2P GU SAUTED COUSCOUS (1,) PO FRESH FRUIT	POULTRY AND VEGETABLE SOUP WITH NOODLES (1, 3, 9, T6, T10) 1P BAKED CHICKEN (onion and natural tomato) 2P GU FRESH SALAD PO YOGURT (7)	1P LENTIL AND RICE STEW 2P POTATOES AND ONION OMELETTE (3) GU LETTUCE, CARROT AND OLIVES SALAD PO FRESH FRUIT	1P CARROT CREAM (potato and onion) GRILLED TURKEY 2P GU FRESH SALAD (lettuce, tomato and sweet corn) PO YOGURT (7)	1P RICE WITH HOMEMADE TOMATO SAUCE 2P BAKED HAKE (4) GU SAUTEED PEAS PO FRESH FRUIT
27	28	29	30	31