

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1P SAUTEED RICE WITH VEGETABLES 2P CHEESE OMELETTE (3, 7) GU FRESH SALAD PO FRESH FRUIT	1P FISH SOUP WITH PASTA (1, 2, 4, 9, 14, T4, T6, T10) 2P TURKEY STEW GU SAUTEED POTATOES PO YOGURT (7)	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P "GALICIAN" COD (with onion and sweet paprika) (4) GU FRESH SALAD PO FRESH FRUIT	1P VEGETAL SOUP 2P BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 6, T1, T3, T5, T6, T8, T10, T11) PO YOGURT (7)	1P BOILED PEAS AND POTATOES 2P BAKED CHICKEN WITH APPLE (12) GU FRESH SALAD PO FRESH FRUIT
2	3	4	5	6
1P BOILED GREEN BEANS AND POTATOES 2P BAKED HAKE (onion and tomato) (4) GU FRESH SALAD PO FRESH FRUIT	1P NAPOLITAN PASTA (homemade tomato sauce) (1, 7, T3, T6, T10) 2P BAKED LOIN (12) GU SAUTEED PEAS PO YOGURT (7)	1P CARROT CREAM (potato and onion) 2P GRILLED TURKEY WITH LEMON (12) GU FRESH SALAD PO FRESH FRUIT	1P RICE WITH VEGETABLES SAUCE 2P OMELETTE (3) GU FRESH SALAD PO YOGURT (7)	1P LENTILS & PUMPKIN STEW (9, T1) 2P BAKED CHICKEN GU FRESH SALAD PO CARNIVAL DESSERT (7)
9	10	11	12	13
<i>Holiday</i>	1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P MEATBALLS IN TOMATO SAUCE (6, 12) GU BOILED VEGETABLES PO YOGURT (7)	1P MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9, T6, T10) 2P ZUCCHINI, ONION AND POTATO OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT	1P BOILED BROCCOLI AND POTATOES 2P BAKED CHICKEN GU FRESH SALAD PO YOGURT (7)	1P SAUTEED RICE 2P FISH FROM LOCAL MARKET (4) GU FRESH SALAD PO FRESH FRUIT
16	17	18	19	20
1P MACARONI IN CHEESE SAUCE (1, 7, T3, T6, T10) 2P SWEET POTATOES OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT	1P SAUTEED PEAS WITH MUSHROOMS 2P BEEF STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7)	1P RICE WITH HOMEMADE TOMATO SAUCE 2P BAKED MONKFISH (2, 4) GU SAUTEED PEAS PO FRESH FRUIT	1P PUMPKIN CREAM (potatoes and onion) 2P BAKED CHICKEN WITH THYME GU FRESH SALAD PO YOGURT (7)	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P CHICKEN BURGER (12) GU FRESH SALAD PO FRESH FRUIT
23	24	25	26	27

