

MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
			Carrot cream soup	Potatoes stewed with vegetables
			Lean pork with tomato with lettuce and sweetcorn salad	Kingklip in red pepper sauce Carrot boiled with olive oil
			Fruit	Fruit
				Whole-wheat bread
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
	Stewed potatoes with hake	Carrot cream soup	Rice with tomato sauce	Vegetables and white bean stew
Fusilli Bolognese	French omelet Lettuce and olive salad	Hake fillets with lettuce, tomato and sweetcorn salad	Grilled lean pork stew (pea, potato, carrot, pepper)	Haddock in tomato sauce with sautéed carrot
Fruit yoghurt	Fruit	Fruit	Fruit	Fruit
				Whole-wheat bread
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Courgette cream soup		Lettuce, tomato and hard-boiled egg salad	Potatoes stewed with vegetables (carrot, courgette, onion, pepper)	
Potato omelet with lettuce and tomato salad	Cooked chickpea	Fish paella	Biscayan-style hake with lettuce and sweetcorn salad	Scrambled potato, courgettes and onions
Fruit	Fruit yoghurt	Fruit	Fruit	Fruit
				Whole-wheat bread
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Lentil stew with carrot and onion	Rice with fish	Stewed potatoes with chorizo	Lettuce, sweetcorn, grated carrot, green olive and hard-boiled egg salad	Vegetable cream soup
Roast chicken ham in its natural juice with sautéed green beans	Hard-boiled eggs Lettuce, tomato and sweetcorn salad	Permit with tomato sauce with sautéed carrot	Tri-colour fusilli with tuna	Hake fillets Lettuce, tomato and sweetcorn salad
Fruit yoghurt	Fruit	Fruit	Fruit	Fruit
				Whole-wheat bread
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 1
Macaroni Bolognese	Minced meat soup			
with lettuce and carrot salad				
Fruit	Fruit			
Water and bread are included in all menus.				