



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4	5	6	7	8
2P NAPOLITAN FUSSILIS, CHICKEN CROQUETTES AND FRESH SALAD (1, 2, 3, 4, 6, 7, 14) PO YOGURT (7)	1P VEGTABLE & PASTA SOUP (1, 9) 2P GRILLED PORK LOIN WITH "CHIMICHURRI" SAUCE (12) GU SEASONED TOMATO PO FRESH FRUIT	1P RICE WITH HOME TOMATO SAUCE 2P HOMEMADE FISH STICKS (1, 3, 4) GU BOILED CARROTS PO FRESH FRUIT	2P TURKEY STEW WITH CURRY WITH COUSCOUS AND CARROTS (1, 6, 12) PO FRESH FRUIT	1P ZUCCHINI CREAM 2P GRILLED CHICKEN GU SAUTEED BEANS WITH GARLIC AND PARSLEY PO FRESH FRUIT
11	12	13	14	15
1P SPAGUETTIS IN NAPOLITAN SAUCE (1, 3) 2P Scrambled Eggs (3, 7) GU SAUTEED PEAS PO FRESH FRUIT	1P BOILED GREEN BEANS WITH POTATOES 2P TURKEY STEW WITH (12) GU SAUTEED BROWN RICE PO FRESH FRUIT	1P FRESH VEGETABLE CREAM 2P BREADED PORK LOIN (flour, egg and breadcrumbs) (1, 3) GU CUCUMBER, TOMATO AND OLIVES SALAD PO FRESH FRUIT	1P LENTILS & QUINOA STEW (1) 2P BAKED CODFISH (tomato and onion) (4) GU SEASONAL SALAD PO FRESH FRUIT	RICE WITH VEGETABLES AND CHICKEN IN TERIYAKI SAUCE WITH SALAD (1, 6, 12) PO CUSTARD (3, 7)
18	19	20	21	22
1P BROCCOLI WITH BOILED POTATOES 2P HOMEMADE MEATBALLS WITH SAUCE (12) GU SAUTEED MUSHROOMS PO FRESH FRUIT	1P SAUTEED PEAS WITH HAM (6, 7, 9, 12) 2P GRILLED TURKEY WITH LEMON VINAIGRETTE (12) GU JULIENNE LETTUCE PO YOGURT (7)	RICE WITH TOMATO SAUCE WITH FRENCH OMELET AND TENDER BEANS (3) PO FRESH FRUIT	1P PUMPKIN CREAM (potatoes and onion) 2P BREADED CHICKEN GU SAUTEED SWEET CORN PO FRESH FRUIT	PASTA WITH PEAR SAUCE, ZUCCHINI AND CHEESE (1, 3, 7) 2P BAKED HAKE (onion and tomato) (4) GU SEASONAL SALAD PO FRESH FRUIT
25	26	27	28	29



Validated menus by our SANED dietitians-nutritionists (CAT000409)



ALLERGENS:

- Gluten (1)
- Crustaceans (2)
- Eggs (3)
- Fish (4)
- Peanuts (5)
- Soy (6)
- Milk (7)
- Nuts (8)
- Celery (9)
- Mustard (10)
- Sesame seeds (11)
- Sulfites (12)
- Lupins (13)
- Molluscs (14)

