

MENU 2020/2021

MONDAY - LEGUMES WITH VEGETABLES AND MEAT (LENTILS, BLACK BEANS, WHITE BEANS OR CHICKPEAS); (CHICKEN, BEEF, TURKEY, DEPENDING ON THE DAY)
TUESDAY - VEGETABLES WITH VEAL (SEASONAL VEGETABLES)
WEDNESDAY - VEGETABLES WITH RICE AND CHICKEN
THURSDAY - LEGUMES WITH VEGETABLES AND MEAT (LENTILS, BLACK BEANS, WHITE BEANS OR CHICKPEAS); (CHICKEN, RED MEAT OR TURKEY... DEPENDING ON THE DAY)
FRIDAY - VEGETABLES WITH CORN, RICE, FISH AND EGG... (HAKE, HADDOCK)
DESSERTS: BASED ON DIARY AND FRUIT (SEASONAL FRUIT)
EVENING SNACK MAINLY FRUIT (FOR BABIES: SMOOTHIE WITH DIFFERENTS FRUITS OF THE SEASON) FRUITS, MILK, JUICES (FRESH JUICES), BISCUITS, MUFFINS, SANDWICHES (MAINLY TURKEY HAM AND CHEESE)

**THESE MENU IS CONSIDERED FOR LITTLE CHILDREN, BEATS MORE OR LESS
ACCORDING TO AGE AND EVOLUTION OF CHILD'S DENTITION**