

Menus mensuales " Santa Esmeralda"

1ST WEEK					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Red beans with vegetables	breaded veal	Carrot cream	Macarrones Pecas	legums cream
LUNCH	and chicken	mashed potatoes and carrots	Spanish omelette	special sauce	hake loins
		tomatoe sauce			
	Fruit	Lacteos	Fruit	Lacteos	Fruit
2ND WEEK					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	lentels with vegetables	zucchini cream	legums cream	macarrones bolognesa	rice soup
LUNCH	chicken and rice	breaded chicken	cheese omelette		breaded haddock
		salad /lettuce and tomatoes			
	Fruit	diary	Fruit	Lacteos	
3RD WEEK					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	white beans with vegetables	Vegetables,s cream	vegetables cream	Especial pasta with tuna	vegetables soup
LUNCH	and chicken	hamburguer	Tuna omelette		breaded hake/fletan or panga
		mashed potatoes, peas			
	Fruit	Lacteos	Fruit	Lacteos	fruit
4TH WEEK					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Malaga Stew	rice soup	pasta soup	spaguetty bolognesa	Spanish paella
LUNCH	chick peas/meat,vegetables	breaded turkey	cheese and turkey ham	and mushrooms	chicken and squid
		salad/ lettuce and tomatoes	omelette		
	Fruta variada	dairy	Fruta variada	dairy	fruit

EVENING SNACK: MAINLY FRUIT AND TURKEY HAM AND CHEESE SANDWICHES, JUICES, MILK , MUFFINS, BISCUITS
