

SUMMER MENU

MAY – JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Lunch	<ul style="list-style-type: none"> • Courgette and leek purée • Pasta with tuna and natural tomato sauce • Fruit 	<ul style="list-style-type: none"> • Chickpea purée with carrot and onion • Stewed beef with mushroom and potatoes • Fruit 	<ul style="list-style-type: none"> • Pumpkin, carrot and onion purée • Grilled chicken with rice (and carrot, pepper and maize) • Fruit 	<ul style="list-style-type: none"> • Vegetable cannelloni • Hake fillet with baked potatoes • Fruit 	<ul style="list-style-type: none"> • Sautéed vegetables • Fideua with turkey, peas and carrot • Natural yogurt
Afternoon snack	<ul style="list-style-type: none"> • Bread with turkey breast • Fruit 	<ul style="list-style-type: none"> • Cereals with yogurt • Fruit 	<ul style="list-style-type: none"> • Bread with ham • Fruit 	<ul style="list-style-type: none"> • Bread with cheese • Fruit 	<ul style="list-style-type: none"> • Cereals with yogurt • Fruit
	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Lunch	<ul style="list-style-type: none"> • Pasta with natural tomato and cheese • Fish with potatoes • Fruit 	<ul style="list-style-type: none"> • Pumpkin and carrot purée • Beef stew with vegetables and potatoes • Fruit 	<ul style="list-style-type: none"> • Courgette purée • Chicken breast with potatoes and natural tomatoe sauce • Fruit 	<ul style="list-style-type: none"> • Lentil soup with vegetables • Beef with potatoes and vegetables • Fruit 	<ul style="list-style-type: none"> • Pasta salad with egg, tomatoe, pepper and onion • Sautéed peas with ham • Fruit
Afternoon snack	<ul style="list-style-type: none"> • Bread with tomatoe and ham • Fruit 	<ul style="list-style-type: none"> • Natural yogurt with cereal and banana 	<ul style="list-style-type: none"> • Bread with cheese • Fruit 	<ul style="list-style-type: none"> • Cereals with milk 	<ul style="list-style-type: none"> • Yogurt with banana

