

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		FESTIVO	Rice with tomato sauce	Sautéed green beans with potatoes and carrot
			Broccoli with oil and garlic	Carrot cream soup
			Fried eggs with French fries	Breaded breast chicken with salad
			Fruit	Fruit yoghurt
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Homestyle lentil stew	Carrot cream soup	Tri-colour fusilli and cheese au gratin	Chicken soup	Vegetable stew with ham
Pumpkin cream soup	Green beans Riojan style	Sopa de fideos	Courgette cream soup	Vegetable purée
Breaded limanda fillet with salad	Roast chicken in its natural juice with salad	Cod in green sauce with tomato salad	Stew	Potato omelet with salad
Fruit	Fruit	Fruit yoghurt	Juice	Fruit
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Paella	Noodle soup	Green beans with egg	Homestyle lentil stew	Rioja-style potatoes
Noodle soup	Cauliflower in ajoarriero-style sauce	Carrot cream soup	Homestyle chards	Pumpkin cream soup
Hake fillets with lettuce	Breast chicken in Spanish-style sauce with sautéed mushrooms	Cooked loin fillet with chips	Halibut in green sauce with salad	Grilled homemade Salisbury steak
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Courgette cream soup	Chickpea and bacon stew	Macaroni in carbonara sauce	Vegetable stew	Castilian-style red bean stew
Peas with ham (*)	Noodle soup	Carrot cream soup	Vegetable purée	Sautéed broccoli
Chicken sausages with sautéed mushrooms	Chicken thigh in its natural juice with chips	Halibut in green sauce with salad	Meatballs in sauce with salad	Platija rebozada
Peaches in syrup	Fruit	Fruit	Fruit yoghurt	Fruit
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 1
Castilian-style lentil stew	Rice with tomato sauce	Chickpea and bacon stew	Vegetable purée	
Courgette cream soup	Noodle soup	Broccoli with oil and garlic	Green beans Riojan style	
Grilled pork loin with salad	Breaded breast chicken with chips	Battered and fried limanda	Cordon Bleu	
Fruit	Juice	Fruit	Fruit yoghurt	
Water and bread are included in all menus.				