

# JANUARY 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<b>1</b> CHRISTMAS HOLIDAY	<b>2</b> CHRISTMAS HOLIDAY	<b>3</b> CHRISTMAS HOLIDAY	<b>4</b> CHRISTMAS HOLIDAY
<b>7</b> CHRISTMAS HOLIDAY	<b>8</b> Spaghetti with tomato sauce Cod croquettes with lettuce and olives Fresh fruit	<b>9</b> Lentils hotpot Omelette with mixed lettuces Fresh fruit	<b>10</b> Green beans with potatoes Sausages with tomato sauce Yogurth	<b>11</b> Fish soup with rice Baked grouper with potatoes, onion and tomato Fresh fruit
<b>14</b> Rice with tomato and egg Grilled hake with lettuce and olives Fresh fruit	<b>15</b> Carbonara pasta Roasted pork with courgettes dices Fresh fruit	<b>16</b> Chicken soup with noodles Beef hamburguer with tomato and mushroom sauce Fruit salad	<b>17</b> Stir fried chickpeas with ham Grilled chicken with lettuce and olives Yogurth	<b>18</b> Cpurgettes cream Cod with vegetables Yogurth
<b>21</b> Baked potatoes with garlic and oil sauce Grilled catalan sausage with lettuce and olives Fresh fruit	<b>22</b> Soft rice with vegetables Baked chicken with apple dices Fresh fruit	<b>23</b> Beans hotpot Breaded hake with lettuce and corn Fresh fruit	<b>24</b> Leek cream Beef hotpot with mushrooms Fresh fruit	<b>25</b> Macaronni with tuna Grilled salmon with lettuce and carrot Orange juice
<b>28</b> Mixed vegetables Garden vegetables beef meatballs Fresh fruit	<b>29</b> Napolitana noodles Grilled chicken with lettuce and carrot Fresh fruit	<b>30</b> Homemade soup Marinara anglerfish tails with potatoes Yogurth	<b>31</b> Lentils with vegetables Spanish omelette with lettuce and olives Fresh fruit	