

FEBRUARY 2020

MONDAY

03

wholegrain spaghettis with cheese
Grilled sea bass
lettuce salad with olives
white / wholemeal bread

Seasonal fruit

10

Green beans with potato
Baked chicken with chickpea hummus and
carrot sticks
white / wholemeal bread

Seasonal fruit

17

Zucchini cream with crotons
Rice with ribs
white / wholemeal bread

Seasonal fruit

24

NATIONAL HOLIDAY

TUESDAY

04

Organic vegetables cream
Rice with meet and seafood
white / wholemeal bread

Seasonal fruit

11

Macaroni with pesto sauce
Grilled codfish with lettuce salad, tomato and
seeds
white / wholemeal bread

Organic seasonal fruit

18

Cauliflower with potato
Meat stew with vegetables
white / wholemeal bread

Seasonal fruit

25

Carbonara style pasta
Baked salmon with peas and potato
white / wholemeal bread

Seasonal fruit

WEDNESDAY

05

Baked potatoes with garlic and olive oil
"Vall d'en Bas" sausage and mixed
lettuce salad with sesame seeds
white / wholemeal bread

Seasonal fruit

12

"L'avia" style soup with chickpeas
Grilled meat with mushrooms
white / wholemeal bread

Seasonal fruit

19

Soup with pasta
Baked fish with vegetables
white / wholemeal bread

Fruit salad

26

Stew beans
Grilled turkey with sweet potato chips
white / wholemeal bread

Organic seasonal fruit

THURSDAY

06

Mixed vegetables
"Marinera" style fish with potatoes
Natural yogurt

Seasonal fruit

13

Rice soup with vegetables
Ham croquets with lettuce salad and carrot
white / wholemeal bread

Seasonal fruit

20

Sautéed peas with ham
Potato omelette and lettuce salad with carrot
and seeds.
white / wholemeal bread

Natural yogurt

27

Mixed vegetables
Beef burger with cheese and baked tomato
white / wholemeal bread

Natural yogurt

FRIDAY

07

Organic lentils with rice
French omelette and lettuce salad with
carrot
white / wholemeal bread
Fresh orange juice

14

Pumpkin cream with crotons
Baked sea bass with vegetables
white / wholemeal bread

Seasonal fruit

21

Wholegrain spaghettis with cream milk
Grilled chicken and lettuce salad with tomato
white / wholemeal bread

Seasonal fruit

28

"Cubana" style rice
Baked fresh sardines and lettuce salad with
seeds
white / wholemeal bread

Seasonal fruit