

MONDAY

2 Milanese style rice
Grilled sea bass with lettuce salad and seeds
white / wholemeal bread
Seasonal fruit

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

16 Rice with tomato sauce
Grilled turkey with artichoke chips
white / wholemeal bread
Seasonal fruit

23 Broccoli with potato
Baked chicken with plum and pine nuts
white / wholemeal bread
Seasonal fruit

30 Sautéed green peas with bacon
Lemon chicken with potato
white / wholemeal bread
Seasonal fruit

TUESDAY

3 Pistons pasta soup
Ecologic burger with cheese and onion
white / wholemeal bread
Seasonal fruit

10 Macaroni with tomato
Grilled codfish with lettuce salad and olives
white / wholemeal bread
seasonal fruit

17 Spiral pasta with carborra sauce
Grilled salmon with lettuce salad and corn
white / wholemeal bread
Seasonal fruit

24 Star paste soup
Meatballs with couscous and vegetables
white / wholemeal bread
Seasonal fruit

31 "Galets" Pasta soup
Pork lion with lettuce salad and seeds
white / wholemeal bread
Seasonal fruit

WEDNESDAY

4 Cauliflower with potato
Baked chicken with apple chunks
white / wholemeal bread
Seasonal fruit

11 Oil and garlic potatoes
Veggie hamburger with mixed lettuce
white / wholemeal bread
Seasonal fruit

18 Pumpkin cream
Sautéed peas with onion and garlic
white / wholemeal bread
Seasonal fruit

25 Mixed paella
Codfish with mixed vegetables
white / wholemeal bread
seasonal fruit

THURSDAY

5 Spaghettis with pesto sauce
Baked fish with vegetables
Natural yogurt
Seasonal fruit

12 "L'avia" style soup
Potato omelette and lettuce salad with carrot and seeds
white / wholemeal bread
Natural yogurt

19 Fish soup with rice
Sausage with white beans
white / wholemeal bread
Natural yogurt

26 Ecologic zucchini cream
Ecologic lentils with rice
white / wholemeal bread
Natural yogurt

FRIDAY

6 Carrot cream
Sautéed chickpeas with garlic
white / wholemeal bread
Seasonal fruit

13 Rice with vegetables
Baked sea bass with onion and tomato
white / wholemeal bread
Seasonal fruit

20 Mashed cabbage, potato and bacon
Codfish croquets with mixed lettuce and seeds
white / wholemeal bread
Seasonal fruit

27 Bolognese noodles
Grilled fish and lettuce salad with carrot and seeds
white / wholemeal bread
Seasonal fruit