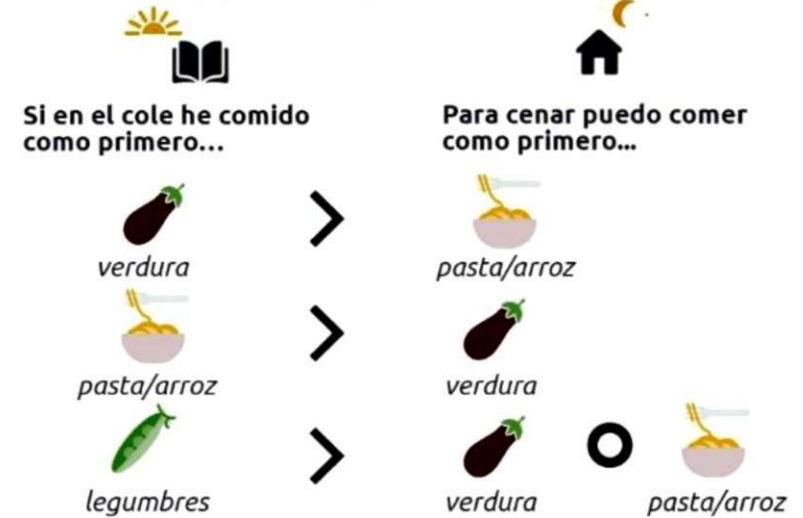


	WEEK 1 st to 5 TH	WEEK 8 to 12 th	WEEK 15 th to 19 TH
MONDAY		First course: Crema de calabacín/ Zucchini cream Second course: Caldereta de ternera/ Stewed beef Side dish: Setas salteadas/sauteed mushrooms Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Hervido valenciano/Boiled Vegetables Second course: Pechuga de pollo a la plancha/ Grilled chicken breast Side dish: Champiñones rellenos/ Stuffed mushrooms Dessert: Fruit/Fruta  Pan blanco e integral y agua
TUESDAY	First course: : Arroz a la cubana con huevo frito/ Rice with tomato sauce and fried egg  Second course: Salchichas encebolladas/ Sausages onion stews Side dish: Ensalada mixta/ Mixed salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Lentejas con verduras/Lentils with vegetables  Second course: Lomo adobado / marinated pork loin Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: Ensalada de pasta / Pasta salad Second course: Salchichas al vino/ Sausages in wine  Side dish: Puré de patata/ Mashed potatoes Dessert: Fruit/Fruta  Pan blanco e integral y agua
WEDNESDAY	First course: Crema de zanahoria / Carrot cream Second course: Salmón en papillote/ Papillot salmon  Side dish: Verduras al horno/ Baked vegetables Dessert: Fruit/Fruta  Pan blanco e integral y agua	First course: : Macarrones con salsa de tomate/ Macaroni with tomato sauce  Second course: Boquerones a la andaluza/ Fried anchovies  Side dish: Side dish: Ensalada verde / Green salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	VERY SPECIAL "END OF SCHOOL YEAR LUNCH" OUR CANTEEN STAFF WISH YOU HAPPY SUMMER HOLIDAYS!!! SEE YOU IN SEPTEMBER!!!   
THURSDAY		First course: Paella de marisco/ Seafood paella  Second course: Tortilla francesa/ Omelette  Side dish: Cus cus/ cous cous  Dessert: Fruit/Fruta  Pan blanco e integral y agua	
FRIDAY		First course: Judias con chorizo/ Stewed bean with sausages Second course: Merluza en salsa verde/ Hake in green sauce  Side dish: Ensalada de pepino/ Cucumber salad Dessert: Fruit/Fruta  Pan blanco e integral y agua	

Crea tu Rutina Saludable en Familia



PRIMEROS PLATOS



SEGUNDOS PLATOS

