

**WINTER MENU**  
**SEPTEMBER – APRIL**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>Menu 1</b>	<b>Menu 2</b>	<b>Menu 3</b>	<b>Menu 4</b>	<b>Menu 5</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Pumpkin, carrot and onion purée</li> <li>• Spaghetti with tuna and natural tomato sauce</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Rice soup with carrot, leek and red pepper</li> <li>• Stewed beef with baked potatoes</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Broad beans whit chard</li> <li>• Fish paella</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable cannelloni</li> <li>• Turkey with potatoes</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables purée</li> <li>• Fish with mashed potato.</li> <li>• Fruit salad</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Natural yogurt with cereal and banana</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cereals with milk</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with ham</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cereals with milk</li> <li>• Fruit</li> </ul>
	<b>Menu 6</b>	<b>Menu 7</b>	<b>Menu 8</b>	<b>Menu 9</b>	<b>Menu 10</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Rice with spinach and béchamel</li> <li>• Omelette with courgette</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta with tomato and cheese</li> <li>• Beef stew with beans and carrot</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil soup with vegetables</li> <li>• Baked fish and rice with vegetables (carrot and pea)</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Courgette and leek purée</li> <li>• Chicken with potatoes and natural tomato sauce</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed peas with ham</li> <li>• Noodles with fish, pepper and onion</li> <li>• Natural yogurt</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Bread with ham</li> <li>• Fruit (apple, pear, banana or melon)</li> </ul>	<ul style="list-style-type: none"> <li>• Natural yogurt with cereal and banana</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with cheese</li> <li>• Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cereals with milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bread with turkey breast</li> <li>• Fruit (apple, pear, banana or melon)</li> </ul>

