



VIERNES 1				
LUNES 4	MARTES 5	MIERCOLES 6	JUEVES 7	VIERNES 8
				<ul style="list-style-type: none"> Crema de verduras Filete de pollo en salsa de ciruelas Natillas de chocolate <small>Prot: 37 g - Gras: 30 g - Hidr: 70 g - Kcal: 660</small>
LUNES 11	MARTES 12	MIERCOLES 13	JUEVES 14	VIERNES 15
<ul style="list-style-type: none"> Judía verde con patatas Canelones de atún Yogur <small>Prot: 23 g - Gras: 26 g - Hidr: 74 g - Kcal: 627</small>	<ul style="list-style-type: none"> Coditos con tomate Muslo de pollo asado <i>Champiñones</i> Fruta <small>Prot: 31 g - Gras: 21 g - Hidr: 101 g - Kcal: 592</small>	<ul style="list-style-type: none"> Sopa de pescado Filete de ternera sobre fondo de tomate Fruta <small>Prot: 30 g - Gras: 35 g - Hidr: 50 g - Kcal: 620</small>	<ul style="list-style-type: none"> Crema de zanahoria Lomo empanado <i>Lechuga y aceitunas</i> Piña en su jugo <small>Prot: 29 g - Gras: 33 g - Hidr: 62 g - Kcal: 650</small>	<ul style="list-style-type: none"> Alubia blanca estilo pocha Merluza estilo Orio con patata panadera <i>Lechuga</i> Fruta <small>Prot: 31 g - Gras: 21 g - Hidr: 82 g - Kcal: 625</small>
LUNES 18	MARTES 19	MIERCOLES 20	JUEVES 21	VIERNES 22
<ul style="list-style-type: none"> Lentejas Pardinas Tortilla de patata y jamón york <i>Lechuga</i> Fruta <small>Prot: 31 g - Gras: 27 g - Hidr: 74 g - Kcal: 647</small>	<ul style="list-style-type: none"> Acelga con refrito Filete ruso con champiñones Yogur <small>Prot: 29 g - Gras: 31 g - Hidr: 60 g - Kcal: 632</small>	<ul style="list-style-type: none"> Arroz a la cubana Pollo a la hortelana Fruta <small>Prot: 30 g - Gras: 21 g - Hidr: 108 g - Kcal: 718</small>	<ul style="list-style-type: none"> Garbanzos con crema de verduras Filete de limanda rebozado <i>Lechuga y maíz</i> Fruta <small>Prot: 41 g - Gras: 35 g - Hidr: 77 g - Kcal: 688</small>	<ul style="list-style-type: none"> Crema de brócoli Escalopin de cerdo a la naranja <i>Lechuga</i> Fruta <small>Prot: 27 g - Gras: 36 g - Hidr: 63 g - Kcal: 676</small>
LUNES 25	MARTES 26	MIERCOLES 27	JUEVES 28	VIERNES 29
<ul style="list-style-type: none"> Borrajá con refrito Lomo con tomate casero <i>Lechuga</i> Fruta <small>Prot: 22 g - Gras: 37 g - Hidr: 50 g - Kcal: 638</small>	<ul style="list-style-type: none"> Alubia pinta San Marino <i>Lechuga</i> Fruta <small>Prot: 28 g - Gras: 29 g - Hidr: 92 g - Kcal: 728</small>	<ul style="list-style-type: none"> Crema de calabaza Guisado de ternera Fruta <small>Prot: 37 g - Gras: 26 g - Hidr: 71 g - Kcal: 657</small>	<ul style="list-style-type: none"> Arroz con tomate Filete de merluza al horno <i>Verduras</i> Fruta <small>Prot: 23 g - Gras: 18 g - Hidr: 105 g - Kcal: 649</small>	<ul style="list-style-type: none"> Sopa de cocido Filete de pollo en salsa <i>Lechuga y zanahoria</i> Yogur <small>Prot: 36 g - Gras: 26 g - Hidr: 61 g - Kcal: 602</small>

FRIDAY 1st				
MONDAY 4th	TUESDAY 5th	WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
				<ul style="list-style-type: none"> Vegetable Cream Soup Chicken Fillet in Plum Sauce Chocolate Custard <small>Prot: 37 g - Fat: 30 g - Carb: 70 g - Kcal: 680</small>
MONDAY 11st	TUESDAY 12nd	WEDNESDAY 13rd	THURSDAY 14th	FRIDAY 15th
<ul style="list-style-type: none"> Green Beans with Potatoes Tuna Cannelloni Yoghurt <small>Prot: 23 g - Fat: 28 g - Carb: 74 g - Kcal: 627</small>	<ul style="list-style-type: none"> Elbow Pasta with Tomato Roast Chicken Leg <i>Mushrooms</i> Fruit <small>Prot: 31 g - Fat: 21 g - Carb: 101 g - Kcal: 592</small>	<ul style="list-style-type: none"> Fish Soup Veal Steak in Tomato Sauce Fruit <small>Prot: 30 g - Fat: 35 g - Carb: 50 g - Kcal: 620</small>	<ul style="list-style-type: none"> Carrot Cream Soup Breaded Pork Loin <i>Lettuce and Olives</i> Pineapple in its own juice <small>Prot: 29 g - Fat: 33 g - Carb: 62 g - Kcal: 650</small>	<ul style="list-style-type: none"> White Beans Pocha Style Hake Orio Style with Baker Potatoes <i>Lettuce</i> Fruit <small>Prot: 31 g - Fat: 21 g - Carb: 82 g - Kcal: 625</small>
MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
<ul style="list-style-type: none"> Pardina Lentil Soup Potatoe and York Ham Omelette <i>Lettuce</i> Fruit <small>Prot: 21 g - Fat: 27 g - Carb: 74 g - Kcal: 647</small>	<ul style="list-style-type: none"> Swis Chard with Sauté Thin Hamburger with Mushrooms Yoghurt <small>Prot: 29 g - Fat: 31 g - Carb: 60 g - Kcal: 632</small>	<ul style="list-style-type: none"> Cuban Rice Chicken with Vegetables Fruit <small>Prot: 30 g - Fat: 21 g - Carb: 108 g - Kcal: 718</small>	<ul style="list-style-type: none"> Chickpetas with Vegetable Cream Soup Batter-Coated Dab Fillet <i>Lettuce and Corn</i> Fruit <small>Prot: 41 g - Fat: 35 g - Carb: 77 g - Kcal: 688</small>	<ul style="list-style-type: none"> Broccoli Cream Soup Pork Fillet in Orange Sauce <i>Lettuce</i> Fruit <small>Prot: 27 g - Fat: 36 g - Carb: 63 g - Kcal: 676</small>
MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
<ul style="list-style-type: none"> Borage with Sauté Pork Loin with Homemade Tomato Sauce <i>Lettuce</i> Fruit <small>Prot: 22 g - Fat: 37 g - Carb: 50 g - Kcal: 638</small>	<ul style="list-style-type: none"> Red Beans San Marino <i>Lettuce</i> Fruit <small>Prot: 28 g - Fat: 29 g - Carb: 92 g - Kcal: 728</small>	<ul style="list-style-type: none"> Pumpkin Cream Soup Veal Stew Fruit <small>Prot: 37 g - Fat: 26 g - Carb: 71 g - Kcal: 657</small>	<ul style="list-style-type: none"> Rice with Tomato Sauce Oven-Baked Hake Fillet <i>Vegetables</i> Fruit <small>Prot: 23 g - Fat: 18 g - Carb: 105 g - Kcal: 649</small>	<ul style="list-style-type: none"> Stew Soup Chicken Fillet in Sauce <i>Lettuce and Carrot</i> Yoghurt <small>Prot: 36 g - Fat: 26 g - Carb: 61 g - Kcal: 602</small>

Estos menús han sido revisados y aprobados por profesionales con formación en Nutrición Humana y Dietética. La calibración nutricional expresada aquí corresponde a las raciones servidas a niños de 7 a 12 años. En el comedor se sirven las cantidades acordadas a niños menores y mayores, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades. El menú incluye agua y pan.

LUNES 1				
<ul style="list-style-type: none"> Puré de verduras Lomo adobado con pisto <i>Lechuga y zanahoria</i> Fruta <small>Prot: 22 g - Gras: 32 g - Hidr: 59 g - Kcal: 621</small>	<ul style="list-style-type: none"> Coditos con tomate Filete de limanda rebozada <i>Limón</i> Fruta <small>Prot: 36 g - Gras: 32 g - Hidr: 98 g - Kcal: 717</small>	<ul style="list-style-type: none"> Judía verde casera Albóndigas en salsa de avellanas <i>Lechuga</i> Yogur <small>Prot: 28 g - Gras: 38 g - Hidr: 66 g - Kcal: 705</small>	<ul style="list-style-type: none"> Garbanzos con zanahoria y refrito de ajo Bacalao al ajoarriero Fruta <small>Prot: 37 g - Gras: 33 g - Hidr: 79 g - Kcal: 739</small>	<ul style="list-style-type: none"> Arroz a la cubana Muslo de pollo asado <i>Lechuga</i> Piña en su jugo <small>Prot: 28 g - Gras: 23 g - Hidr: 112 g - Kcal: 743</small>
LUNES 8	MARTES 9	MIERCOLES 10	JUEVES 11	VIERNES 12
<ul style="list-style-type: none"> Macarrones con tomate Filete de merluza al horno <i>Verduras</i> Fruta <small>Prot: 25 g - Gras: 18 g - Hidr: 92 g - Kcal: 604</small>	<ul style="list-style-type: none"> Guisantes con patatas Filete de ternera en salsa Yogur <small>Prot: 35 g - Gras: 32 g - Hidr: 68 g - Kcal: 681</small>	<ul style="list-style-type: none"> Alubia blanca pocha Filete de limanda rebozada <i>Lechuga</i> Fruta <small>Prot: 41 g - Gras: 33 g - Hidr: 79 g - Kcal: 682</small>	<ul style="list-style-type: none"> Crema de calabacín Pollo campero <i>Lechuga y maíz</i> Fruta <small>Prot: 32 g - Gras: 33 g - Hidr: 59 g - Kcal: 644</small>	<ul style="list-style-type: none"> Lentejas con puerro y zanahoria Tortilla de patata <i>Lechuga</i> Fruta <small>Prot: 27 g - Gras: 28 g - Hidr: 72 g - Kcal: 631</small>
LUNES 15	MARTES 16	MIERCOLES 17	JUEVES 18	VIERNES 19
<ul style="list-style-type: none"> Sopa de pollo con fideos San Marino <i>Patatas chips</i> Yogur <small>Prot: 20 g - Gras: 29 g - Hidr: 77 g - Kcal: 634</small>	<ul style="list-style-type: none"> Borrajá con refrito Hamburguesa en salsa <i>Lechuga</i> Fruta <small>Prot: 25 g - Gras: 33 g - Hidr: 53 g - Kcal: 603</small>	<ul style="list-style-type: none"> Arroz tres deliciosas Pollo al ajillo <i>Lechuga</i> Fruta <small>Prot: 29 g - Gras: 22 g - Hidr: 102 g - Kcal: 703</small>	<ul style="list-style-type: none"> Alubia pinta Escalope <i>Pimientos rojos</i> Fruta <small>Prot: 41 g - Gras: 25 g - Hidr: 79 g - Kcal: 684</small>	<ul style="list-style-type: none"> Patatas guisadas con verduras Bonito con tomate <i>Lechuga</i> Fruta <small>Prot: 36 g - Gras: 24 g - Hidr: 89 g - Kcal: 730</small>
LUNES 22	MARTES 23	MIERCOLES 24	JUEVES 25	VIERNES 26
<ul style="list-style-type: none"> Acelga con refrito de panceta Salchichas al horno <i>Lechuga</i> Fruta <small>Prot: 21 g - Gras: 36 g - Hidr: 57 g - Kcal: 626</small>	<ul style="list-style-type: none"> Lentejas a la hortelana Tortilla de patata y calabacín <i>Lechuga y zanahoria</i> Fruta <small>Prot: 27 g - Gras: 25 g - Hidr: 74 g - Kcal: 612</small>	<ul style="list-style-type: none"> Crema de zanahoria Fideuá <i>Lechuga</i> Actimel <small>Prot: 27 g - Gras: 25 g - Hidr: 101 g - Kcal: 715</small>	<ul style="list-style-type: none"> Garbanzos viudos Filete de pollo con zanahoria y jamón serrano Fruta <small>Prot: 44 g - Gras: 24 g - Hidr: 81 g - Kcal: 695</small>	<ul style="list-style-type: none"> Arroz con tomate Filete de platija rebozada <i>Limón</i> Fruta <small>Prot: 28 g - Gras: 24 g - Hidr: 110 g - Kcal: 733</small>
LUNES 29				
<ul style="list-style-type: none"> Sopa de pollo con fideos Lomo con tomate casero <i>Lechuga</i> Bizcocho de mermelada <small>Prot: 22 g - Gras: 39 g - Hidr: 61 g - Kcal: 707</small>				

MONDAY 1st				
<ul style="list-style-type: none"> Vegetable Purée Marinated Pork Loin with Ratatouille <i>Lettuce and Carrot</i> Fruit <small>Prot: 22 g - Fat: 32 g - Carb: 59 g - Kcal: 621</small>	<ul style="list-style-type: none"> Elbow Pasta with Tomato Sauce Batter-Coated Dab Fillet <i>Lemon</i> Fruit <small>Prot: 36 g - Fat: 32 g - Carb: 98 g - Kcal: 717</small>	<ul style="list-style-type: none"> Homemade Green Beans Meatballs in Hazelnut Sauce <i>Lettuce</i> Yoghurt <small>Prot: 28 g - Fat: 38 g - Carb: 66 g - Kcal: 705</small>	<ul style="list-style-type: none"> Chickpeas with Carrot and Garlic Sauté Ajoarriero Cod Fruit <small>Prot: 37 g - Fat: 33 g - Carb: 79 g - Kcal: 739</small>	<ul style="list-style-type: none"> Cuban Rice Roast Chicken Leg <i>Lettuce</i> Pineapple in its own juice <small>Prot: 28 g - Fat: 23 g - Carb: 112 g - Kcal: 743</small>
MONDAY 8th	TUESDAY 9th	WEDNESDAY 10th	THURSDAY 11st	FRIDAY 12nd
<ul style="list-style-type: none"> Macaroni with Tomato Sauce Oven-Baked Hake Fillet <i>Vegetables</i> Fruit <small>Prot: 25 g - Fat: 18 g - Carb: 92 g - Kcal: 604</small>	<ul style="list-style-type: none"> Peas with Potatoes Veal Steak in Sauce Yoghurt <small>Prot: 35 g - Fat: 32 g - Carb: 68 g - Kcal: 681</small>	<ul style="list-style-type: none"> Pocha White Beans Batter-Coated Dab Fillet <i>Lettuce</i> Fruit <small>Prot: 41 g - Fat: 33 g - Carb: 79 g - Kcal: 682</small>	<ul style="list-style-type: none"> Zucchini Cream Soup Country Chicken <i>Lettuce and Corn</i> Fruit <small>Prot: 32 g - Fat: 33 g - Carb: 59 g - Kcal: 644</small>	<ul style="list-style-type: none"> Lentils with Leek and Carrot Spanish Omelette <i>Lettuce</i> Fruit <small>Prot: 27 g - Fat: 28 g - Carb: 72 g - Kcal: 631</small>
MONDAY 15th	TUESDAY 16th	WEDNESDAY 17th	THURSDAY 18th	FRIDAY 19th
<ul style="list-style-type: none"> Chicken Soup with Noodles San Marino <i>Chips Potatoes</i> Yoghurt <small>Prot: 20 g - Fat: 29 g - Carb: 77 g - Kcal: 634</small>	<ul style="list-style-type: none"> Borage with Sauté Hamburger in Sauce <i>Lettuce</i> Fruit <small>Prot: 25 g - Fat: 33 g - Carb: 53 g - Kcal: 603</small>	<ul style="list-style-type: none"> Yang Zhou Rice Garlic Fried Chicken <i>Lettuce</i> Fruit <small>Prot: 29 g - Fat: 22 g - Carb: 102 g - Kcal: 703</small>	<ul style="list-style-type: none"> Red Beans Escalope <i>Red Peppers</i> Fruit <small>Prot: 41 g - Fat: 25 g - Carb: 79 g - Kcal: 684</small>	<ul style="list-style-type: none"> Stewed Potatoes with Vegetables Tuna with Tomato Sauce <i>Lettuce</i> Fruit <small>Prot: 36 g - Fat: 24 g - Carb: 89 g - Kcal: 730</small>
MONDAY 22nd	TUESDAY 23rd	WEDNESDAY 24th	THURSDAY 25th	FRIDAY 26th
<ul style="list-style-type: none"> Swiss Chard with Bacon Sauté Oven-Baked Sausages <i>Lettuce</i> Fruit <small>Prot: 21 g - Fat: 36 g - Carb: 57 g - Kcal: 626</small>	<ul style="list-style-type: none"> Lentils Gardener Style Potatoe and Zucchini Omelette <i>Lettuce and Carrot</i> Fruit <small>Prot: 27 g - Fat: 25 g - Carb: 101 g - Kcal: 715</small>	<ul style="list-style-type: none"> Carrot Cream Soup Fideua <i>Lettuce</i> Actimel <small>Prot: 27 g - Fat: 25 g - Carb: 101 g - Kcal: 715</small>	<ul style="list-style-type: none"> Simple Chickpeas Chicken Fillet with Carrot and Serrano Ham Fruit <small>Prot: 44 g - Fat: 24 g - Carb: 81 g - Kcal: 695</small>	<ul style="list-style-type: none"> Rice with Tomato Sauce Batter-Coated Plaice Fillet <i>Lemon</i> Fruit <small>Prot: 25 g - Fat: 24 g - Carb: 110 g - Kcal: 733</small>
MONDAY 29th				
<ul style="list-style-type: none"> Chicken Soup with Noodles Pork Loin with Homemade Tomato Sauce <i>Lettuce</i> Jam Sponge Cake <small>Prot: 22 g - Fat: 39 g - Carb: 61 g - Kcal: 707</small>				

These menus have been revised and approved by professionals trained in Human Nutrition and Dietetics. The nutritional values expressed correspond to the portions served to children aged 7 to 12. In the dining-room, quantities are served depending on whether the children are younger or older, which therefore modifies the calibration of each age group, adapting to their needs. The menu includes water and bread.

MARTES 1				
LUNES 7	MARTES 8	MIERCOLES 9	JUEVES 10	VIERNES 11
<ul style="list-style-type: none"> Borrajá con refrito Hamburguesa de calamar <i>Mahonesa</i> Fruta <small>Prot: 19 g - Gras: 41 g - Hidr: 69 g - Kcal: 714</small>	<ul style="list-style-type: none"> Garbanzos en potaje Jamón asado en salsa de verduras Yogur <small>Prot: 39 g - Gras: 21 g - Hidr: 76 g - Kcal: 632</small>	<ul style="list-style-type: none"> Puré de puerro, patata y zanahoria Filete de ternera en salsa cazadora <i>Lechuga</i> Fruta <small>Prot: 38 g - Gras: 18 g - Hidr: 83 g - Kcal: 622</small>	<ul style="list-style-type: none"> Crema de verduras Albóndigas en salsa de champiñones <i>Lechuga</i> Yogur <small>Prot: 27 g - Gras: 32 g - Hidr: 65 g - Kcal: 643</small>	<ul style="list-style-type: none"> Arroz con tomate Filete de merluza rebozada <i>Limón</i> Fruta <small>Prot: 25 g - Gras: 25 g - Hidr: 113 g - Kcal: 745</small>
LUNES 14	MARTES 15	MIERCOLES 16	JUEVES 17	VIERNES 18
<ul style="list-style-type: none"> Sopa de cocido San Jacobo <i>Lechuga</i> Fruta <small>Prot: 16 g - Gras: 34 g - Hidr: 74 g - Kcal: 658</small>	<ul style="list-style-type: none"> Patatas a la riojana Filete de pollo en salsa Fruta <small>Prot: 37 g - Gras: 30 g - Hidr: 83 g - Kcal: 731</small>	<ul style="list-style-type: none"> Arroz con tomate Filete de limanda rebozada <i>Limón</i> Fruta <small>Prot: 34 g - Gras: 33 g - Hidr: 108 g - Kcal: 753</small>	<ul style="list-style-type: none"> Crema de brócoli Escalopin de cerdo a la naranja <i>Lechuga</i> Yogur <small>Prot: 31 g - Gras: 38 g - Hidr: 66 g - Kcal: 722</small>	<ul style="list-style-type: none"> Lentejas a la hortelana Tortilla de patata <i>Lechuga</i> Fruta <small>Prot: 26 g - Gras: 24 g - Hidr: 77 g - Kcal: 616</small>
LUNES 21	MARTES 22	MIERCOLES 23	JUEVES 24	VIERNES 25
<ul style="list-style-type: none"> Judía verde con patata Salchichas al horno con tomate Fruta <small>Prot: 21 g - Gras: 30 g - Hidr: 66 g - Kcal: 601</small>	<ul style="list-style-type: none"> Alubia blanca pocha Filete de platija rebozada <i>Lechuga</i> Fruta <small>Prot: 37 g - Gras: 25 g - Hidr: 66 g - Kcal: 607</small>	<ul style="list-style-type: none"> Tallarines con queso Filete de pollo asado <i>Lechuga</i> Helado <small>Prot: 33 g - Gras: 29 g - Hidr: 91 g - Kcal: 736</small>		
LUNES 28	MARTES 29	MIERCOLES 30	JUEVES 31	

TUESDAY 1st				
<ul style="list-style-type: none"> Round Green Beans Garlic Breaded Chicken Fillet <i>Lettuce</i> Fruit <small>Prot: 34 g - Fat: 32 g - Carb: 52 g - Kcal: 616</small>	<ul style="list-style-type: none"> Pardina Lentil Soup Bacalao al ajoarriero Pineapple in its own juice <small>Prot: 38 g - Fat: 18 g - Carb: 83 g - Kcal: 622</small>	<ul style="list-style-type: none"> Vegetable Cream Soup Meatballs in Mushroom Sauce <i>Lettuce</i> Yoghurt <small>Prot: 27 g - Fat: 32 g - Carb: 65 g - Kcal: 643</small>	<ul style="list-style-type: none"> Rice with Tomato Sauce Batter-Coated Hake Fillet <i>Lemon</i> Fruit <small>Prot: 25 g - Fat: 25 g - Carb: 113 g - Kcal: 745</small>	
MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11st
<ul style="list-style-type: none"> Borage with Sauté Squid Hamburger <i>Mayonnaise</i> Fruit <small>Prot: 19 g - Fat: 41 g - Carb: 69 g - Kcal: 714</small>	<ul style="list-style-type: none"> Chickpeas Stew Roasted Ham in Vegetable Sauce Yoghurt <small>Prot: 39 g - Fat: 21 g - Carb: 76 g - Kcal: 632</small>	<ul style="list-style-type: none"> Leek, Potatoe and Carrot Purée Veal Steak in Hunter Sauce <i>Lettuce</i> Fruit <small>Prot: 28 g - Fat: 35 g - Carb: 59 g - Kcal: 648</small>	<ul style="list-style-type: none"> Macaroni with Ham Garlic Fried Chicken <i>Lettuce</i> Fruit <small>Prot: 32 g - Fat: 25 g - Carb: 98 g - Kcal: 723</small>	<ul style="list-style-type: none"> White Beans, Pepper & Carrot Oven-Baked Hake Fillet Orio Style with Baker Potatoes <i>Lettuce and Carrot</i> Fruit <small>Prot: 32 g - Fat: 19 g - Carb: 83 g - Kcal: 608</small>
MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
<ul style="list-style-type: none"> Stew Soup San Jacobo <i>Lettuce</i> Fruit <small>Prot: 16 g - Fat: 34 g - Carb: 74 g - Kcal: 658</small>	<ul style="list-style-type: none"> Potatoes <i>Riojana</i> Style Chicken Fillet in Sauce Fruit <small>Prot: 37 g - Fat: 30 g - Carb: 83 g - Kcal: 731</small>	<ul style="list-style-type: none"> Rice with Tomato Sauce Batter-Coated Dab Fillet <i>Lemon</i> Fruit <small>Prot: 34 g - Fat: 33 g - Carb: 108 g - Kcal: 753</small>	<ul style="list-style-type: none"> Broccoli Cream Soup Pork Loin Fillet in Orange Sauce <i>Lettuce</i> Yoghurt <small>Prot: 31 g - Fat: 38 g - Carb: 66 g - Kcal: 722</small>	<ul style="list-style-type: none"> Lentils Gardener Style Spanish Omelette <i>Lettuce</i> Fruit <small>Prot: 26 g - Fat: 24 g - Carb: 77 g - Kcal: 616</small>
MONDAY 21st	TUESDAY 22nd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
<ul style="list-style-type: none"> Green Beans with Potatoes Oven-Baked Sausages with Tomato Sauce Fruit <small>Prot: 21 g - Fat: 30 g - Carb: 66 g - Kcal: 601</small>	<ul style="list-style-type: none"> White Beans Pocha Style Batter-Coated Plaice Fillet <i>Lettuce</i> Fruit <small>Prot: 32 g - Fat: 25 g - Carb: 66 g - Kcal: 607</small>	<ul style="list-style-type: none"> Noodles with Cheese Roast Chicken Leg <i>Lettuce</i> Ice Cream <small>Prot: 33 g - Fat: 29 g - Carb: 91 g - Kcal: 736</small>		
MONDAY 28th	TUESDAY 29th	WEDNESDAY 30th	THURSDAY 31st	

