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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
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|  |  |  |  |  |
| **Monday 10** | **Tuesday 11** | **Wednesday 12** | **Thursday 13** | **Friday 14** |
| Vegetable toasts | Chicken,vegetable and noodle soup | Fish soup | Gourd soup | Garlic soup |
| Lentil stew with pork sausage | Stingray boiled with potatoes and paprika | Rice and vegetable stew | Omelette with lettuce salad | Beef, vegetable and macaroni stew |
| Apple | Banana | Pear | Fresh fruit salad | Orange with honey |
| **Monday 17** | **Tuesday 18** | **Wednesday 19** | **Thursday 20** | **Friday 21** |
| Peas with garlic sauce | Lettuce, beetroot and olive salad | Cream of vegetable soup | Ginger and pasta soup | Croquettes |
| Stwed beef with paprika and olive oil | Poached eggs with rice and ratatouille | Squid,vermicelli and carrot stew | Rice with chicken and vegetables | Beans with mussels |
| Apple | Strawberry yoghurt | Banana | Pear | Fruit milshake |
| **Monday 24** | **Tuesday 25** | RUSSIA | **Thursday 27** | **Friday 28** |
| Cherry tomatoes, cheese and oregano skewer | Leek and potato soup | Borscht | Cream of carrot soup | Lettuce, lamb´s lettuce and carrot salad |
| Chickpea broth | Baked hake and vegetables with couscous | Beef Stroganoff | Monkfish and vermicelli stew | Baked eggs with tomato sauce, béchamel and rice |
| Pear | Orange | Apple and kiwi | Banana | Fresh fruit salad |
| **Monday 31** |  |  |  |  |
| Cream of vegetable soup |  |  |  |  |
| Spaghetti with tuna and tomato sauce |  |  |  |  |
| Apple |  |  |  |  |