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| **Monday 3** | **Tuesday 4** | **In green** | **Thursday 6** | **Friday 7** |
| Cream of vegetable soup | Lettuce, onion and carrot salad | Peas with paprika and garlic sauce | Leek, carrot, celery and chicken soup | Toasts |
| Spaghetti with meat and tomato sauce | Fish and potato stew | Rice with algae | Tuna omelette with ratatouille | Lentils sautéed with vegetables and ecologic sesame |
| Grapes and apple | Pear | Orange | Custard | Fresh fruit juice |
| **Monday 10** | **Tuesday 11** | **Wednesday 12** | **In green** | **Friday 14** |
| Tomato and oregano salad | Squids (Roman style) |  | Pa amb tomáquet | Sprout salad |
| Beef and rice stew | Asturian beans with vegetables |  | Peas with eggs and carrots | Octopus with boiled potatoes and paprika |
| Apple | Banana |  | Grapes | Pear |
| **Monday 17** | **Tuesday 18** | **Mexico** | **Thursday 20** | **In green** |
| Cream of carrot soup | Green beans | Guacamole with nachos | Pizza María | Baked tomatoes |
| Fish ( hake) and pasta stew | Omelette with beetroot salad | Chicken Tacos | Chickpea stew | Paella with vegetables |
| Natural yoghurt with honey | Fresh fruit salad | Apple | Pear | Orange |
| **Monday 24** | **Tuesday 25** | **In green** | **Thursday 27** | **HALLOWEEN** |
| Vegetable stew | Garlic soup | Cabbage with garlic and paprika sauce | Cheese and cherry tomato on a skewer | Yuuuukkkkkk!!!!!!!!! |
| Baked pork ribs with lettuce and onion salad | Grilled eggs with baked potatoes | Coucous with vegetables | Rice with squids in its ink | Revoooollltiiing!!!!!!! |
| Apple | Tangerine | Pear | Granny´s cake | Milkshake???!!!! |
| **Monday 31** |  |  |  |  |
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