DECEMBER

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **In green** | **Friday 2** |
|  |  |  | Broccoli with garlic sauce | Käsebrot |
|  |  |  | Lentils sauté with ecologic sesame | Poulet mit Rahmsauce |
|  |  |  | Apple | Grapes |
| **Monday 5** | **Tuesday** | **Wednesday 7** | **Thursday** | **Friday 9** |
| Green beans |  | Buns stuffed with pork sausage |  | Cream of vegetable soup |
| Sardines in oil with potatoes and peppers |  | Chickpea and vegetable stew |  | Omelette with beetroot salad |
| Strawberry yoghurt |  | Apple |  | Tangerine |
| **Monday 12** | **Tuesday 13** | **Wednesday 14** | **Thursday 15** | **In green** |
| Fish soup | Cheese and cherry tomato skewer | Peas with garlic sauce | Consommé with croutons | Vegetable tempura |
| Meat “paella” | Asturian beans and gourd stew | Fish stew | Poached eggs with rice and ratatouille | Cauliflower with potatoes |
| Apple | Banana | Orange | Pear | Fresh fruit salad |
| **Monday 19** | **Tuesday 20** | **Wednesday 21** | **Christmas** |  |
| Lettuce, apple, carrot and onion salad | Vegetable stew | Eggs stuffed with carrot | **Chicken soup** |  |
| Noodles with tomato sauce and tuna | Squids in its ink with rice | Lentils | **Roast capon ( from Vilalba )** |  |
| Orange | Apple | Natural fruit juice | **Brownie with tangerine sorbet** |  |