 JANUARY

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| --- | --- | --- | --- | --- |
| **Monday 9** | **In green** | **Wednesday 11** | **Thursday 12** | **Friday 13** |
| Sardines in oil with tomato and onion | Cream of gourd soup | Garlic soup | Omelette with toast | Lettuce, olives and onion salad |
| Spaghetti with pesto sauce | Rice with vegetables | Stewed beef with potatoes and paprika | Chickpea and vegetable stew | Baked hake with potatoes |
| Apple | Orange | Pear | Apple | Natural juice |
| **In green** | **Tuesday 17** | **Japan** | **Thursday 19** | **Friday 20** |
| Cream of vegetable soup | Lettuce and carrot salad | Miso soup | Peas with garlic sauce | Chicken, leek and ginger soup |
| Macaroni with tomato | Asturian bean stew | Yakimeshi fried rice | Boiled ray and potatoes with paprika | Poached eggs with mashed potaotes and tomato sauce |
| Pear | Yoghurt with honey | Dorayaky | Apple | Banana |
| **Monday 23** | **Tuesday 24** | **Wednesday 25** | **In green** | **Friday 27** |
| Lettuce and tomato salad | Turnip top broth | Cream of carrot soup | Vegetable toasts | Green beans with tomato |
| Baked pork ribs | Sea rice | Cauliflower, cabbage and boiled eggs | Lentils sautéed with ecologic sesame | Vermicelli with chicken and vegetables |
| Pear | Orange | Banana | Apple | Fresh fruit salad |
| **Monday 30** | **Tuesday 31** | **Wednesday** | **Thursday** | **Friday** |
| Tomatoes with oregano | Lettuce and onion salad |  |  |  |
| Beef and potato stew | Baked eggs with tomato and white sauce |  |  |  |
| Apple | Pear |  |  |  |