

March

Monday	Tuesday	Wednesday	Thursday	Friday 1
				Portuguese soup
				Arroz with cod
				Melon
In green	Tuesday 5	Wednesday 6	INDIA	Friday 8
Tomato salad	Cheese and blueberry jam toasts	Fish soup	Samosa	Pasta soup
Chickpea stew	Baked hake with couscous	Omelette with beetroot salad	Tikka Masala chicken	Rice with squids in their ink
Strawberry yoghurt	Orange	Banana	Apple	Fresh fruit salad
Monday 11	Tuesday 12	In green	Thursday 14	Friday 15
Tomato, cheese and oregano	Lettuce and onion salad	Broccoli with garlic sauce	Vegetable stew	Squids (Roman style)
Fish and mussels stew	Rice with poached eggs and ratatouille	Spaghetti with pesto	Baked pork ribs with potatoes	Beans and vegetables stew
Pear	Banana	Apple	Orange	Natural juice
Monday 18	In green	Wednesday 20	Thursday 21	Friday 22
Lettuce and olives salad	Cream of carrot soup with croutons	Croquettes	Omelette with cheese	Vegetable soup
Marmitako (Tuna fish, potatoes and peppers stew)	Vegetable “paella”	Lentil and pork sausage stew	Sardines in oil with potatoes and peppers	Russian steaks with pasta
Orange	Lady fingers	Strawberries	Apple	Fruit skewer
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29

Este menú pode sufrir variacións en función do mercado

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