

WEEK THREE

WEEK FOUR

WEEK ONE

WEEK TWO

Day 12 (Monday)

Madrid style green beans
Spanish omelette with tomato
Fruit and milk

Day 13 (Tuesday)

Spinach with bechamel sauce
Grilled pork loin with chips
Petit

Day 14 (Wednesday)

Macaroni with cheese
Stewed turkey with peas and ham
Fruit and milk

Day 15 (Thursday)

Italian salad
Grilled salmon with steamed potatoes
Fruit and milk

Day 16 (Friday)

Broccoli with cheese
Meat pie
Yoghurt

Day 19 (Monday)

Spinach soup
Stewed chicken with noodles
Fruit and milk

Day 20 (Tuesday)

Noodle soup
Steak with chips and tomato sauce
Fruit and milk

Day 21 (Wednesday)

Mixed salad
Bream with steamed potatoes
Yoghurt

Day 22 (Thursday)

Carrot soup
Fried rice
Fruit and milk

Day 23 (Friday)

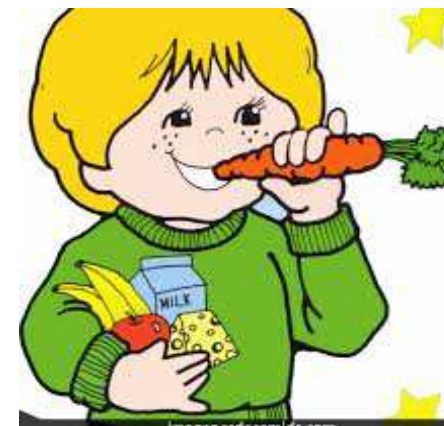
Potato salad
Pizza
Ice cream

Day 1 (Thursday)

Waldorf salad
Noodles with squid
Yoghurt

Day 2 (Friday)

Noodle soup
Pork meat with chips
Fruit and milk



Day 5 (Monday)

Spaghetti with tuna
Omelette with salad
Fruit and milk

Day 6 (Tuesday)

Green beans
Stewed beef with a side dish
Cheese and jelly

Day 7 (Wednesday)

Breaded cauliflower
Hake
Fruit and milk

Day 8 (Thursday)

Potato salad
Meatballs with rice
Yoghurt

Day 9 (Friday)

Carrot soup
Lasagne
Fruit and milk