

Week from 9 th to 12 th	TUESDAY	Chicken and zucchini couscous. 🌾🥦🥚 Lentils with vegetables. Potato omelette. 🥔🥚 Breaded chicken breast. 🍞🐟 Baked cod. 🐟🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	WEDNESDAY	Russian salad. 🐟🥔🥦 Rice with chicken and vegetables. Scrambled eggs with zucchini. 🥚🥦 Lean with tomato sauce. Breaded hake. 🐟🍞🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	THURSDAY	Stewed chickpeas. Bolognese macarroni. 🍝🥔🥚 Baked eggs. 🥚🥔 Sherperd's pie. 🥔🥚🍰 Fried anchovies. 🐟🍞🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	FRIDAY	Manchego stew. 🍷🥔🥦 Rice with tomato sauce. Fried eggs. 🥚🥔 Baked chicken. Fish in green sauce. 🐟🥦 Cold meats. 🍖🥦 Vegetables. Valencian salad. Varied desserts. 🍰
Week from 15 th to 19 th	MONDAY	Stewed beans. Fideua. 🐟🥔🥦 Omelette. 🥚🥔 Baked chicken wings. Breaded cod. 🐟🍞 Vegetables. Valencian salad. Varied desserts. 🍰
	TUESDAY	Chickpeas and pumpkin cream. 🥔🥦🥚 Baked rice. Baked eggs. 🥚🥔 Breaded lean. 🍞 Hake in green sauce. 🐟🥦🥚 Vegetables. Valencian salad. Varied desserts. 🍰
	WEDNESDAY	Cannelloni. 🍝🥔🥚 Soup. 🍝🥔🥦 Scrambled eggs with zucchini. 🥚🥦🥔 Chicken in sauce. 🐟🥔 Squid in sauce. 🐟🥔🥦🥚 Vegetables. Valencian salad Varied desserts. 🍰
	THURSDAY	Meat ravioli with mushroom sauce. 🍝🥔🥚 Beef stew. Spinach omelette. 🥚🥔 Grilled marinated pork tenderloin. Baked salmon. 🐟🥦🥚 Vegetables. Valencian salad. Varied desserts. 🍰
	FRIDAY	Lentils salad. Rice with chicken and vegetables. Deviled eggs. 🐟🥔🥚 Chicken round in sauce. Breaded hake. 🐟🍞🥦 Cold meats. 🍖🥦 Vegetables. Valencian salad. Varied desserts. 🍰
Week from 22 nd to 26 th	MONDAY	Potato salad. Chickpeas and pumpkin cream. 🥔🥦🥚 Scrambled eggs with zucchini. 🥚🥦🥔 Grilled chicken breast. Tuna cake. 🐟🥔🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	TUESDAY	Lentils with vegetables. Rice with vegetables. 🥔🥦🥚 Omelette. 🥚🥔 Baked pork knuckle. Breaded whiting. 🍞🐟🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	WEDNESDAY	Stewed potatoes with vegetables. Carbonara spaguetti. 🍝🥔🥚 Turkey eggs. 🥚🥔 Baked chicken wings. Hake in green sauce. 🐟🥦🥚 Vegetables. Valencian salad. Varied desserts. 🍰
	THURSDAY	Manchego stew. 🍷🥔🥦 Rice with cauliflower and ribs. Baked eggs. 🥚🥔 Chicken in sauce. 🐟🥔 Squid with onion. 🐟🥔🥦 Vegetables. Valencian salad. Varied desserts. 🍰
	FRIDAY	Russian salad. 🥔🥦🥚 Minestrone soup. 🍝🥔🥦 Fried eggs. 🥚🥔 Lean with tomato sauce. Baked salmon. 🐟🥦🥚 Cold meats. 🍖🥦 Vegetables. Valencian salad. Varied desserts. 🍰
29 th to 30 th	MONDAY	Pasta salad. 🍝🥔🥚🥦 Lentils with vegetables. Spinach omelette. 🥚🥔 Baked chicken. Cod with tomato sauce. 🐟🥦🥚 Vegetables. Valencian salad. Varied desserts. 🍰
	TUESDAY	Rice salad. 🍝🥔🥚 Chickpeas and pumpkin cream. 🥔🥦🥚 Scrambled eggs with mushrooms. 🥚🥔🍄 Grilled pork tenderloin. Baked hake. 🐟🍞🥦 Vegetables. Valencian salad. Varied desserts. 🍰