



NOVEMBER

MINUTA



	WEEK 1 (FROM 3 TO 7)	WEEK 2 (FROM 10 TO 14)	WEEK 3 (FROM 17 TO 21)	WEEK 4 (FROM 24 TO 28)	
MONDAY	SWEET POTATO AND CARROT SOUP. SAUSAGES WITH PISTO. SEASONAL FRUIT. SANDWICH. SERRANO HAM	LENTILS WITH VEGETABLES TUNA OMELETTE WITH SWEET POTATO. SEASONAL FRUIT. CHORIZO SANDWICH.	RICE WITH TOMATO. FRIED EGG WITH PEPPERS. SEASONAL FRUIT. SALCHICHÓN SANDWICH.	LENTILS WITH VEGETABLES. SPINACH OMELETTE WITH VEGETABLE STEW. SEASONAL FRUIT. CHORIZO SANDWICH.	
TUESDAY	PASTA IN TOMATO SAUCE WITH MEATBALLS. SPANISH OMELETTE. SEASONAL FRUIT. SANDWICH. CHEESE.	SEAFOOD PAELLA. COLD CUTS WITH SALAD. SEASONAL FRUIT. PÂTÉ SANDWICH.	BOLOGNESE PASTA. GRILLED CHICKEN BREAST WITH SWEET POTATO. SEASONAL FRUIT. HAM SANDWICH.	NOODLE SOUP. GRILLED HAKE WITH PEPPERS. SEASONAL FRUIT. SERRANO HAM SANDWICH.	
WEDNESDAY	BAKED RICE GRILLED HAKE WITH COURGETTE. PETIT SUISSE. SEASONAL FRUIT	PASTA WITH CREAM. BATTERED COD WITH POTATOES, ONIONS AND TOMATOES. YOGURT. SEASONAL FRUIT.	FIDEUA. OMELETTE WITH SALAD. CUSTARD. SEASONAL FRUIT	PAELLA. COLD MEATS WITH POTATOES. YOGURT. SEASONAL FRUIT.	
THURSDAY	FIDEUA. OMELETTE WITH PEAS. SEASONAL FRUIT. YOGURT SMOOTHIE WITH BISCUITS.	RICE WITH CHICKEN AND VEGETABLES. MEATBALLS IN SAUCE. SEASONAL FRUIT. TUNA SANDWICH.	CHICKEN SOUP. BEEF BURGER WITH BAKED POTATOES. SEASONAL FRUIT. CHEESE SANDWICH.	ZUCCHINI PURÉE WITH CHEESE. SPANISH OMELETTE WITH TOMATO SALAD. SEASONAL FRUIT. TUNA SANDWICH.	
FRIDAY	RICE WITH BEANS AND NABS. GRILLED PORK LOIN WITH VEGETABLE STEW. SEASONAL FRUIT. CHOCOLATE SANDWICH.	MASHED POTATOES. HAM OMELETTE WITH CAULIFLOWER AU GRATIN. SEASONAL FRUIT. CHOCOLATE SANDWICH.	RICE WITH VEGETABLES. BAKED HAKE WITH PEAS. SEASONAL FRUIT. CHOCOLATE SANDWICH.	PASTA SALAD CHICKEN CROQUETTE WITH VEGETABLE STEW. SEASONAL FRUIT. CHOCOLATE SANDWICH.	