



JULY

MINUTA BASAL



	WEEK 1 (FROM 29 JUNE TO 03 JULY)	WEEK 2 (FROM 06 TO 10)	WEEK 3 (FROM 13 TO 17)	WEEK 4 (FROM 20 TO 24)	WEEK 5 (FROM 27 TO 31)
MONDAY	FIDEUA. POTATO OMELETTE WITH VEGETABLE STEW. SEASONAL FRUIT. PÂTÉ SANDWICH.	PASTA SALAD. CHICKEN BURGER WITH BROCCOLI. SEASONAL FRUIT. YORK HAM SANDWICH.	CUBAN-STYLE RICE. FRIED EGGS WITH BAKED POTATOES. SEASONAL FRUIT. CHORIZO SANDWICH.	ENSALADA CAMPERA. POLLO EN SALSA. FRUTA TEMPORADA. BOCADILLO JAMÓN SERRANO.	CUSCUS WITH VEGETABLES AND CHICKEN. BATTERED HAKE. SEASONAL FRUIT. TURKEY AND MORTADELLA SANDWICH.
TUESDAY	CHICKEN SOUP WITH NOODLES. HAKE AU GRATIN WITH SALAD. CUSTARD. SEASONAL FRUIT.	MEAT RAVIOLI IN MUSHROOM SAUCE. SCRAMBLED EGGS WITH SALAD. SEASONAL FRUIT. YOGHURT DRINK WITH BISCUITS.	WHITE BEAN SOUP WITH SERRANO HAM AND MUSHROOMS. MEATBALLS IN SAUCE. SEASONAL FRUIT. MORTADELLA AND TURKEY SANDWICH.	VALENCIAN PAELLA. APPETISERS WITH SALAD. PUDDING. SEASONAL FRUIT.	BAKED RICE. SCRAMBLED COURGETTE WITH SALAD. SEASONAL FRUIT PÂTÉ SANDWICH.
WEDNESDAY	PUMPKIN AND CHICKPEA SOUP WITH CHORIZO. ROAST CHICKEN WITH FRIED POTATOES. SEASONAL FRUIT. WATERMELON.	COUNTRY-STYLE LENTILS. COD IN PIQUILLO PEPPER SAUCE. YOGHURT. SEASONAL FRUIT.	WHOLEWHEAT MACARONI WITH BOLOGNESE SAUCE. GROUPER IN MERY SAUCE WITH SALAD. PETIT SUISE. SEASONAL FRUIT	WHOLEWHEAT MACARONI IN AURORA SAUCE. LEAN MEAT WITH TOMATO. SEASONAL FRUIT. TUNA SANDWICH.	WHOLEWHEAT SPAGHETTI WITH VEGETABLES. GRILLED CHICKEN BREAST WITH PEAS. CHOCOLATE DESSERT. SEASONAL FRUIT.
THURSDAY	WHOLEWHEAT SPAGHETTI CARBONARA. GRILLED PORK LOIN WITH SWEET POTATO. SEASONAL FRUIT. CHEESE SANDWICH.	CREAM OF VEGETABLE SOUP. SAUSAGES WITH TOMATO SAUCE. SEASONAL FRUIT. TUNA SANDWICH.	BEEF STEW. HERB OMELETTE. SEASONAL FRUIT. YORK HAM SANDWICH	CREAM OF LENTIL AND PUMPKIN SOUP. FRENCH OMELETTE. SEASONAL FRUIT. YOGHURT DRINK WITH BISCUITS.	DUBARRY CREAM. POTATO OMELETTE WITH TOMATO AND BLACK OLIVE SALAD. SEASONAL FRUIT. YOGHURT DRINK WITH BISCUITS.
FRIDAY	HOT DOG. CHIPS. SEASONAL FRUIT. NOCILLA SANDWICH	CHICKEN AND VEGETABLE FAJITAS. BAKED SWEET POTATO. SEASONAL FRUIT. NOCILLA SANDWICH.	BEEF BURGER. CHIPS. SEASONAL FRUIT. NOCILLA SANDWICH.	ASSORTED PIZZAS SALAD. SEASONAL FRUIT. NOCILLA SANDWICH.	FISH AND CHIPS. SEASONAL FRUIT. NOCILLA SANDWICH.