



OCTOBER

MINUTA BASAL



	WEEK 1 (FROM 01 TO 02)	WEEK 2 (FROM 05 TO 09)	WEEK 3 (FROM 12 TO 16)	WEEK 4 (FROM 19 TO 23)	WEEK 5 (FROM 26 TO 30)
MONDAY		CHICKEN SOUP WITH NOODLES. BURGER WITH MIXED VEGETABLES. SEASONAL FRUIT. CHEESE SANDWICH.	HOLIDAYS	CHICKEN AND VEGETABLE RICE SOUP. GRILLED PORK LOIN WITH SWEET POTATO. SEASONAL FRUIT. SERRANO HAM SANDWICH.	FARMHOUSE LENTILS. POTATO OMELETTE WITH BROCCOLI. SEASONAL FRUIT. MORTADELLA SANDWICH..
TUESDAY		MACARONI WITH BÉCHAMEL SAUCE. FRENCH OMELETTE WITH SALAD. YOGHURT. SEASONAL FRUIT.	FARMHOUSE LENTILS. SPINACH OMELETTE. WITH TOMATO SALAD. SEASONAL FRUIT. YORK HAM SANDWICH	CREAM OF CHICKPEA AND PUMPKIN SOUP. SPANISH OMELETTE WITH FINE HERBS AND CAPRESE SALAD. SEASONAL FRUIT. SALCHICHÓN SANDWICH.	CURBED ZUCCHINI PURÉE WITH CHEESE. MEATBALLS IN SAUCE. SEASONAL FRUIT. CHORIZO SANDWICH..
WEDNESDAY		CREAM OF BEAN SOUP WITH SERRANO HAM AND CHANTERELLE MUSHROOMS. HAKE AU GRATIN WITH PEPPERS. SEASONAL FRUIT TUNA SANDWICH.	FIDEUA. SAUSAGES WITH POTATOES, 'A LO POBRE' STYLE. CUSTARD. SEASONAL FRUIT.	SEAFOOD SOUP. GRILLED CHICKEN BREAST WITH VEGETABLE STEW. JELLY. SEASONAL FRUIT.	VALENCIAN PAELLA. APPETISERS WITH SALAD. FLAN. SEASONAL FRUIT.
THURSDAY	CHICKEN AND POTATO STEW. COD IN PIQUILLO PEPPER SAUCE SEASONAL FRUIT. PÂTÉ SANDWICH..	CREAM OF BEAN SOUP WITH SERRANO HAM AND CHANTERELLE MUSHROOMS. HAKE AU GRATIN WITH PEPPERS. SEASONAL FRUIT TUNA SANDWICH.	CUBAN-STYLE RICE. FRIED EGG WITH TOMATO SAUCE. SEASONAL FRUIT. YOGHURT DRINK WITH BISCUITS.	MASHED POTATOES. BATTERED HAKE WITH CAULIFLOWER AU GRATIN. SEASONAL FRUIT. CHEESE SANDWICH.	MACARONI BOLOGNESE. GRILLED TURKEY CUTLET WITH BAKED POTATOES. SEASONAL FRUIT. SERRANO HAM SANDWICH.
FRIDAY	NUDGELS. BACON AND PEAS SCRAMBLE. SEASONAL FRUIT. NOCILLA SANDWICH	HOLIDAYS	SPAGHETTI AMATRICIA-STYLE. GROUPER IN MERY SAUCE WITH RATATOUILLE. SEASONAL FRUIT. NOCILLA SANDWICH.	PASTA SALAD. SCRAMBLED COURGETTE WITH SALAD. SEASONAL FRUIT. NOCILLA SANDWICH.	SOUP AVENUE. FRENCH OMELETTE WITH SWEET POTATO. SEASONAL FRUIT. NOCILLA SANDWICH.