NOVEMBER

MINUTA BASAL



	WEEK 1 (FROM 02 TO 06)	WEEK 2 (FROM 09 TO 13)	WEEK 3 (FROM 16 TO 20)	WEEK 4 (FROM 23 TO 27)	WEEK 5 (MONDAY 30)
MONDAY	CHICKEN SOUP, SAUSAGES WITH TOMATO SAUCE. SEASONAL FRUIT. SANDWICH SERRANO HAM	FARMHOUSE LENTILS. TUNA OMELETTE WITH SWEET POTATO. SEASONAL FRUIT. CHORIZO SANDWICH.	CUBAN-STYLE RICE. FRIED EGG WITH CHIPS. SEASONAL FRUIT. SALCHICHÓN SANDWICH.	FARMHOUSE LENTILS. SPINACH OMELETTE WITH MIXED VEGETABLES. SEASONAL FRUIT. CHORIZO SANDWICH.	BAKED NOODLES HAKE FISH FINGERS WITH PISTO. SEASONAL FRUIT. PÂTÉ SANDWICH.
TUESDAY	WHOLEWHEAT MACARONI IN TOMATO SAUCE WITH MEATBALLS. SPANISH OMELETTE WITH SALAD. SEASONAL FRUIT. SANDWICH CHEESE.	CASSEROLE NOODLES. CHICKEN BURGER WITH SALAD. SEASONAL FRUIT. PATE SANDWICH.	WHOLEGRAIN SPAGHETTI, AMATRICIA-STYLE. GRILLED CHICKEN BREAST WITH SWEET POTATO. SEASONAL FRUIT. YORK HAM SANDWICH.	SEAFOOD SOUP WITH WHOLEMEAL NOODLES. CHICKEN CROQUETTE WITH STEAMED BROCCOLI. SEASONAL FRUIT SERRANO HAM SANDWICH.	
WEDNESDAY	BAKED RICE GRILLED HAKE WITH COURGETTE. PETIT SUISSE. SEASONAL FRUIT	CARBONARA TALLARINES. BREADED COD WITH POTATO, ONION AND TOMATO. YOGHURT. SEASONAL FRUIT.	FIDEUA. FRENCH OMELETTE WITH SALAD. FLAN. SEASONAL FRUIT	VALENCIAN PAELLA. APPETISERS WITH 'PATATAS PANADERAS'. YOGHURT. SEASONAL FRUIT.	
THURSDAY	FIDEUA. FRENCH OMELETTE WITH PEAS. SEASONAL FRUIT. YOGHURT DRINK WITH BISCUITS.	CHICKEN AND VEGETABLE RICE SOUP. MEATBALLS IN SAUCE WITH CHIPS. SEASONAL FRUIT. TUNA SANDWICH.	CREAM OF BEAN SOUP WITH SERRANO HAM AND CHANTERELLE MUSHROOMS. VEAL BURGER WITH BAKED POTATOES. SEASONAL FRUIT CHEESE SANDWICH.	COURGETTE PUREE WITH CHEESE. GRILLED HAKE WITH PEPPERS. SEASONAL FRUIT. TUNA SANDWICH.	
FRIDAY	CHICKPEA AND PUMPKIN PURÉE. GRILLED PORK LOIN WITH MIXED VEGETABLES, SEASONAL FRUIT NOCILLA SANDWICH.	. MASHED POTATOES. YORK HAM OMELETTE WITH CAULIFLOWER AU GRATIN. SEASONAL FRUIT. NOCILLA SANDWICH	CHICKEN SOUP WITH WHOLEMEAL NOODLES. BAKED HAKE WITH PEAS. SEASONAL FRUIT. NOCILLA SANDWICH.	PASTA SALAD POTATO OMELETTE WITH TOMATO SALAD. SEASONAL FRUIT. NOCILLA SANDWICH.	