



## **DECEMBER MENU**

**18/19**

## **GLUTEN FREE**

MONDAY 3rd	VEGETABLES CREAM SOUP MEAT WITH TOMATO SAUCE AND FRENCH FRIES FRUIT-MILK
TUESDAY 4th	LENTILS STEW SPANISH OMELETTE AND SALAD FRUIT-MILK
WEDNESDAY 5th	BOLOGNESE SPAGUETTI MARINATED DOGFISH AND SALAD FRUIT-MILK-YOGURT
FRIDAY 7th	FISH SOUP CHICKEN BREAST AND SALAD FRUIT-MILK
MONDAY 10th	PASTA WITH TOMATO SAUCE MEATBALLS AND FRENCH FRIES FRUIT-MILK
TUESDAY 11th	POTATOES STEW SOLE FISH FILLET AND SALAD FRUIT-MILK
WEDNESDAY 12th	ASTURIAN FABADA GRILLED LACON AND SALAD FRUIT-MILK-YOGURT
THURSDAY 13th	GREEN BEANS WITH HAM TURKEY RAGOUT STEW AND FRENCH FRIES FRUIT-MILK
FRIDAY 14th	MIXED PAELLA PORK LOIN AND SALAD FRUIT-MILK
MONDAY 17th	RICE WITH TOMATO SAUCE GERMAN SAUSAGES AND MASHED POTATOES FRUIT-MILK
TUESDAY 18th	COCIDO SOUP COCIDO MEAT AND CABBAGE FRUIT-MILK

WEDNESDAY 19th	POTATOES AND MEAT STEW SOLE FISH AND SALAD FRUIT-MILK-CHOCOLATE PUDDING
THURSDAY 20th	SAUTEED PEAS WITH HAM GRILLED HAKE AND SALAD FRUIT-MILK
FRIDAY 21st	CHICKEN RICE BATTERED HAM AND SALAD FRUIT-MILK
WEDNESDAY 26th	TOMATO CREAM SOUP GARLIC CHICKEN AND FRENCH FRIES FRUIT-MILK-YOGURT
THURSDAY 27th	LENTILS STEW LIMANDA FISH AND SALAD FRUIT-MILK
FRIDAY 28th	A BANDA RICE GRILLED LACON AND SALAD FRUIT-MILK



## DECEMBER MENU

18/19

### EGG ALLERGY

MONDAY 3rd	VEGETABLES CREAM SOUP MEAT WITH TOMATO SAUCE AND FRENCH FRIES FRUIT-MILK
TUESDAY 4th	LENTILS STEW TURKEY BREAST AND SALAD FRUIT-MILK
WEDNESDAY 5th	BOLOGNESE SPAGUETTI MARINATED DOGFISH AND SALAD FRUIT-MILK-YOGURT
FRIDAY 7th	FISH SOUP CHICKEN BREAST AND SALAD FRUIT-MILK
MONDAY 10th	PASTA WITH TOMATO SAUCE MEATBALLS AND FRENCH FRIES FRUIT-MILK
TUESDAY 11th	POTATOES STEW SOLE FISH FILLET AND SALAD FRUIT-MILK
WEDNESDAY 12th	ASTURIAN FABADA GRILLED LACON AND SALAD FRUIT-MILK-YOGURT
THURSDAY 13th	GREEN BEANS WITH HAM TURKEY RAGOUT STEW AND FRENCH FRIES FRUIT-MILK
FRIDAY 14th	MIXED PAELLA PORK LOIN AND SALAD FRUIT-MILK
MONDAY 17th	RICE WITH TOMATO SAUCE GERMAN SAUSAGES AND MASHED POTATOES FRUIT-MILK
TUESDAY 18th	COCIDO SOUP COCIDO MEAT AND CABBAGE FRUIT-MILK

WEDNESDAY 19th POTATOES AND MEAT STEW  
SOLE FISH AND SALAD  
FRUIT-MILK-CHOCOLATE PUDDING

THURSDAY 20th SAUTEED PEAS WITH HAM  
GRILLED HAKE AND SALAD  
FRUIT-MILK

FRIDAY 21st CHICKEN RICE  
BATTERED HAM AND SALAD  
FRUIT-MILK

WEDNESDAY 26th TOMATO CREAM SOUP  
GARLIC CHICKEN AND FRENCH FRIES  
FRUIT-MILK-YOGURT

THURSDAY 27th LENTILS STEW  
LIMANDA FISH AND SALAD  
FRUIT-MILK

FRIDAY 28th A BANDA RICE  
GRILLED LACON AND SALAD  
FRUIT-MILK



**DECEMBER MENU**  
**18/19**

**FISH ALLERGY**

MONDAY 3rd	VEGETABLES CREAM SOUP SALISBURY STEAK AND FRENCH FRIES FRUIT-MILK
TUESDAY 4th	LENTILS STEW SPANISH OMELETTE AND SALAD FRUIT-MILK
WEDNESDAY 5th	BOLOGNESE SPAGUETTI BATTERED HAM AND SALAD FRUIT-MILK-YOGURT
FRIDAY 7th	CHICKEN SOUP WITH NOODLES CHICKEN BREAST AND SALAD FRUIT-MILK
MONDAY 10th	PASTA WITH TOMATO SAUCE MEATBALLS AND FRENCH FRIES FRUIT-MILK
TUESDAY 11th	POTATOES STEW HAM OMELETTE AND SALAD FRUIT-MILK
WEDNESDAY 12th	ASTURIAN FABADA GRILLED LACON AND SALAD FRUIT-MILK-YOGURT
THURSDAY 13th	GREEN BEANS WITH HAM TURKEY RAGOUT STEW AND FRENCH FRIES FRUIT-MILK
FRIDAY 14th	CHICKEN RICE PORK LOIN AND SALAD FRUIT-MILK
MONDAY 17th	RICE WITH TOMATO SAUCE GERMAN SAUSAGES AND MASHED POTATOES FRUIT-MILK

TUESDAY 18th	COCIDO SOUP COCIDO MEAT AND CABBAGE FRUIT-MILK
WEDNESDAY 19th	POTATOES AND MEAT STEW FRENCH OMELETTE AND SALAD FRUIT-MILK-CHOCOLATE PUDDING
THURSDAY 20th	SAUTEED PEAS WITH HAM BEEF STEAK AND SALAD FRUIT-MILK
FRIDAY 21st	CHICKEN RICE HAM CROQUETTES AND SALAD FRUIT-MILK
WEDNESDAY 26th	TOMATO CREAM SOUP GARLIC CHICKEN AND FRENCH FRIES FRUIT-MILK-YOGURT
THURSDAY 27th	LENTILS STEW BEEF STEAK AND SALAD FRUIT-MILK
FRIDAY 28th	A BANDA RICE GRILLED LACON AND SALAD FRUIT-MILK



## DECEMBER MENU

18/19

### LEGUMES ALLERGY

MONDAY 3rd	VEGETABLES CREAM SOUP SALISBURY STEAK AND FRENCH FRIES FRUIT-MILK
TUESDAY 4th	SOUP SPANISH OMELETTE AND SALAD FRUIT-MILK
WEDNESDAY 5th	BOLOGNESE SPAGUETTI MARINATED DOGFISH AND SALAD FRUIT-MILK-YOGURT
FRIDAY 7th	FISH SOUP CHICKEN BREAST AND SALAD FRUIT-MILK
MONDAY 10th	PASTA WITH TOMATO SAUCE MEATBALLS AND FRENCH FRIES FRUIT-MILK
TUESDAY 11th	POTATOES STEW SOLE FISH FILLET AND SALAD FRUIT-MILK
WEDNESDAY 12th	COURGETTE CREAM SOUP COD FRITTERS AND SALAD FRUIT-MILK-YOGURT
THURSDAY 13th	SAUTEED MUSHROOMS WITH HAM TURKEY RAGOUT STEW AND FRENCH FRIES FRUIT-MILK
FRIDAY 14th	MIXED PAELLA PORK LOIN AND SALAD FRUIT-MILK
MONDAY 17th	RICE WITH TOMATO SAUCE GERMAN SAUSAGES AND MASHED POTATOES FRUIT-MILK

TUESDAY 18th VEGETABLES AND MEAT SOUP

FRUIT-MILK

WEDNESDAY 19th POTATOES AND MEAT STEW  
SOLE FISH AND SALAD  
FRUIT-MILK-CHOCOLATE PUDDING

THURSDAY 20th VEGETABLES CREAM SOUP  
BATTERED HAKE AND SALAD  
FRUIT-MILK

FRIDAY 21st SEAFOOD FIDEUÀ  
HAM CROQUETTES AND SALAD  
FRUIT-MILK

WEDNESDAY 26th TOMATO CREAM SOUP  
GARLIC CHICKEN AND FRENCH FRIES  
FRUIT-MILK-YOGURT

THURSDAY 27th CHICKEN SOUP WITH NOODLES  
LIMANDA FISH AND SALAD  
FRUIT-MILK

FRIDAY 28th A BANDA RICE  
GRILLED LACON AND SALAD  
FRUIT-MILK





## DECEMBER MENU

18/19

### LACTOSE INTOLERANCE AND MILK PROTEIN ALLERGY

MONDAY 3rd	VEGETABLES CREAM SOUP MEAT WITH TOMATO SAUCE AND FRENCH FRIES FRUIT
TUESDAY 4th	LENTILS STEW SPANISH OMELETTE AND SALAD FRUIT
WEDNESDAY 5th	BOLOGNESE SPAGUETTI MARINATED DOGFISH AND SALAD FRUIT-SOYA MILK DESSERT
FRIDAY 7th	FISH SOUP CHICKEN BREAST AND SALAD FRUIT
MONDAY 10th	PASTA WITH TOMATO SAUCE MEATBALLS AND FRENCH FRIES FRUIT
TUESDAY 11th	POTATOES STEW SOLE FISH FILLET AND SALAD FRUIT
WEDNESDAY 12th	ASTURIAN FABADA GRILLED LACON AND SALAD FRUIT-SOYA MILK DESSERT
THURSDAY 13th	GREEN BEANS WITH HAM TURKEY RAGOUT STEW AND FRENCH FRIES FRUIT
FRIDAY 14th	MIXED PAELLA PORK LOIN AND SALAD FRUIT
MONDAY 17th	RICE WITH TOMATO SAUCE GERMAN SAUSAGES AND MASHED POTATOES FRUIT

TUESDAY 18th	COCIDO SOUP COCIDO MEAT AND CABBAGE FRUIT
WEDNESDAY 19th	POTATOES AND MEAT STEW SOLE FISH AND SALAD FRUIT-SOYA MILK DESSERT
THURSDAY 20th	SAUTEED PEAS WITH HAM GRILLED HAKE FISH AND SALAD FRUIT
FRIDAY 21st	CHICKEN RICE BATTERED HAM AND SALAD FRUIT
WEDNESDAY 26th	TOMATO CREAM SOUP GARLIC CHICKEN AND FRENCH FRIES FRUIT-SOYA MILK DESSERT
THURSDAY 27th	LENTILS STEW LIMANDA FISH AND SALAD FRUIT
FRIDAY 28th	A BANDA RICE GRILLED LACON AND SALAD FRUIT