



# MENÚ FEBRUARY & MARCH 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3rd - 7th February 2nd - 6th March	Stewed Lentils  Cheese omelete with sliced tomato  Organic Yogurt	Beans, potato and cabbage  Breaded seitan with lettuce and corn  Seasonal Fruits	Catalan Broth Soup  Lemon Chicken with chips  Seasonal Fruits	Veggie Spaghetti bolognese (seitan&tempeh)  Blue whiting in the flour with lettuce and carrots  Seasonal Fruits	Creamy Carrot and onion Soup  Roast beef with mushrooms  Seasonal Fruits
10th - 14th February 9th - 13th March	Pasta with spinach cream  Breaded hake with lettuce and carrot  Seasonal Fruits	Rice with toamto sauce  Spanish omelet with lettuce and olives  Seasonal Fruits	Peas with potatoes  Beef Burger with salad and apple  Organic Yogurt	Creamy Pumpkin Soup  Baked chicken with apple and chips  Seasonal Fruits	Stewed dried beans  Sausage with salad  Seasonal Fruits
17th - 21th February 16th - 20th March	Rice with toamto sauce  Breaded seitan with lettuce and olives  Seasonal Fruits	Broccoli & potato  Grilled Chicken with baked zucchini  Organic Yogurt	Creamy Zucchini Soup  Baked pork sausages with Tomato salad  Seasonal Fruits	Broth Soup whith pasta  Baked Cod fillet with pepper, tamato and onion sauce.  Seasonal Fruits	Grandma's lentils  Ham croquettes with lettuce and raisins  Seasonal Fruits
24th - 28th February 23th - 27th March	Macaroni Bolognese  Baked hake with lettuce and orange  Organic Yogurt	Potato stew and cuttlefish  Breaded Turkey breast with sliced tomato  Seasonal Fruits	Chickpeas with spinach  Aubergine/Eggplant Omelet with lettuce and olives  Seasonal Fruits	Creamy Carrot Soup  Beef with Fricandó Sauce  Seasonal Fruits	Rice with toamto sauce  Grilled Chicken with chips  Seasonal Fruits



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