

DECEMBER 2018



MONDAY 3rd Lentils stew Squid rings and salad Fruit	TUESDAY 4th Potatoes and chorizo Stuffed eggs and salad Fruit	WEDNESDAY 5th Montañés stew Meat in tomato sauce Yogurt	THURSDAY 6th	FRIDAY 7th Rice three delights Cod in tomato sauce Peaches in syrup
MONDAY 10th Rice in tomato sauce Sardines and salad Fruit	TUESDAY 11th Lentils and chorizo stew Loin and chips Yogurt	WEDNESDAY 12th Chickpeas stew Tuna omelet with salad Fruit	THURSDAY 13th Vegetable cream Chicken in sauce and chips Milk and biscuits	FRIDAY 14th White beans stew Fish in sauce and chips Fruit
MONDAY 17th Spaghetti with prawns Tuna omelet Fruit	TUESDAY 18th Beans and vegetables stew Chicken in sauce and salad Fruit	WEDNESDAY 19th Vegetable stew Pork chop and chips Fruit	THURSDAY 20th Lentils stew Hake and salad Yogurt	FRIDAY 21st Appetizers Breaded steak and party salad Christmas Cake