

JUNE 2019



| MONDAY 3rd Lentils stew and rice Sardines and salad Fruit | TUESDAY 4th Russian salad Meat and sauce with green peas Yogurt | WEDNESDAY 5th Chickpeas stew Stuffed eggs and salad Fruit | THURSDAY 6th Cuba style rice Fish in green sauce with salad Fruit | FRIDAY 7th Green beans stew Loin homemade and chips Custard |
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| | TUESDAY 11th Spaghetti with tomato and cheese Tuna omelet and lettuce Fruit | WEDNESDAY 12th Lentils stew and sausage Hake in sauce and lettuce Strawberry shake | THURSDAY 13th Green beans Meatballs and chips Yogurt | FRIDAY 14th Cooked white beans Meat with tomato Fruit |
| MONDAY 17th Baked beans Squids with chips Fruit | TUESDAY 18th Lentils stew Spanish omelet Fruit | WEDNESDAY 19th Vegetable cream Chicken in sauce with chips Yogurt | THURSDAY 20th Potatoes with sausage Cod with tomato and salad Fruit | FRIDAY 21st Pizza and salad Ice-cream |