



DECEMBER 2019

MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
Lentils stew	Potatoes with pork sausage	Green beans with	Mountain stew	
Zucchini omelet and	Meatballs and salad	potatoes	Meat with tomato sauce	
salad	Chocolate milk	Cod with tomato sauce	Yogurt	
Fruit		Fruit	_	
MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
	Lentils with vegetables	Chickpeas stew	Vegetable cream	White beans stew
	Loin and chips	Spanish omelet with salad	Chicken in sauce and	Fish in sauce and salad
	Yogurt	Fruit	chips	Fruit
			Milk with biscuits	
MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
Spaghetti with prawns	Beans with vegetables	Vegetable stew	Lentils stew	Appetizers
Tuna omelet and salad	Chicken in sauce and salad	Saxon chop and chips	Hake and salad	Breaded steak and party salad
Fruit	Milk and chocolate	Fruit	Yogurt	Christmas Cake

En el Corazon de Santander

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