JANUARY 2020



		WEDNESDAY 8th	THURSDAY 9th	FRIDAY 10th
		Rice with sausages	Vegetable cream	White beans stew
		Omelet and salad	Chicken in sauce	Hake in sauce with salad
		Fruit	and chips	Fruit
			Chocolate milkshake	
MONDAY 13th	TUESDAY 14th	WEDNESDAY 15th	THURSDAY16th	FRIDAY 17th
Lentils stew	Potatoes in green	Rice with tomato sauce	White beans stew	Vegetable cream
Sardines and salad	sauce	Fish in tomato sauce with	Spanish omelet and	Turkey meat in sauce and
Fruit	Chicken and lettuce	lettuce	salad	chips
	Milk with cacao and	Fruit	Homemade custard	Peaches in syrup
	biscuits			
MONDAY 20st	TUESDAY 21st	WEDNESDAY 22nd	THURSDAY 23rd	FRIDAY 24th
Spaghetti in	Green beans stew	White beans stew	Lentils with rice	Potatoes stew
bolognese sauce	Fish and potatoes	Meat with tomato	Cod with tomato and	Zucchini omelet with
Saxony steak and	Homemade Custard	Fruit	salad	salad
salad			Yogurt	Fruit
Fruit				
MONDAY 27th	TUESDAY 28th	WEDNESDAY 29th	THURSDAY 30th	FRIDAY 31st
Vegetable cream	Lentils with rice	Potatoes with squid	Chickpeas with	Macaroni with saussage
Sausages and chips	Chicken steak and	Cod with tomato and salad	vegetables	and tomato
Fruit	salad	Fruit	Cheese omelet and	Sardines and salad
	yogurt		salad	Fruit
			Yogurt	

En el Corazón de Santander

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