



	Monday	Tuesday	Wednesday	Thursday	Friday
4-8 JULY WEEK 1	Noodle soup Coleslaw and apple salad Battered fish pieces with boiled potatoes Beetroot Burger with boiled potatoes Fruit	Cream of cauliflower soup Mixed salad with tomato, cucumber, olives and corn Roast chicken with caramelised onion and couscous Chick peas Fruit	Cress soup Salad with apple, raisins & cheese Tuna pasta Vegetarian pasta dish Fruit & yoghurt	Cream of pumpkin soup Salad with tomato, beetroot, onion and peppers Chicken in home-cooked sauce with rice Stuffed courgettes Fruit	Lentil soup Tomatoes in vinagrette Marinated pork loin with potato Falafel with potato Fruit
11-15 JULY WEEK 2	Soup with pasta stars 4-cheese salad with tangerine and seeds Fried squid with boiled potatoes and 'mojo' sauce Braised green peas Fruit	Cream of carrot soup Lentil vinagrette Spanish omelette Vegan potato omelette Fruit	Chard & bean soup Coleslaw with corn, tomato & beetroot Pasta Napolitana Vegetarian pasta dish Fruit & yoghurt	Cream of courgette & broccoli soup Roasted peppers salad Pork strips with mustard sauce and rice Lentil stew with rice Fruit	Vegetable soup with chick peas Salad with peach, beansprouts, onion and cucumber Oven-baked chicken with provencal herbs & couscou Bean stew with couscous Fruit
18-22 JULY WEEK 3	Vegetable soup with rice Coleslaw with pineapple, turkey & cheese Battered hake with boiled potatoes and 'mojo' sauce Braised lentils with boiled potatoes Fruit	Spinach & bean soup Salad with tomatoes, cress & fresh cheese Rice with French omelette pieces and chicken sausages White rice with black beans Fruit	Corn stock soup Salad with pear, cheese and crunchy corn Breaded chicken with potatoes Falafel with potato Fruit & yoghurt	Cream of vegetable soup Tomato & cucumber salad with piquillo peppers & olives Pasta bolognese Vegetarian pasta dish Fruit	Cream of broccoli & vegetables soup Salad with corn and tuna Chops with bulgur wheat & mixed vegetables Stuffed courgettes Fruit
25-29 JULY WEEK 4	Noodle soup Caesar salad Fishburger with boiled potatoes Lentil stew with boiled potatoes Fruit	Cress & bean soup Rocket, freshe cheese, beansprouts and tomato Chicken & vegetable paella Vegetarian paella Fruit	Cream of pumpkin soup Tomatoes in vinagrette Pork loin in an apple sauce with couscous Chick peas Fruit & yoghurt	Vegetable soup Bean vinagrette Oven-baked fish with garlic and parsely with boiled potatoes Beetroot Burger with boiled potatoes Fruit	Lentil soup Salad with beetroot, Green pepper, beansprouts & onion Oven-baked chicken legs in their own gravy with white rice Stuffed peppers Fruit