

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
PASTA WITH TOMATO AND BASIL  1 SPANISH OMELETTE 2  MUSHROOM SAUTEED FRESH FRUIT	COURGETTE SOUP (potato and onion)  BAKED HAKE (with onion and tomato)  BAKED TOMATOES FRESH FRUIT	BOILED POTATOES WITH GREEN BEANS  BEEF BURGER  COUS COUS FRESH FRUIT	RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE)  BREADED LOIN (FLOUR, EGG AND BREADCRUMBS) 3 BOILED CARROTS ICE CREAM	MASHED CHICKPEAS AND VEGETABLE  CHICKEN KEBAB  IOGURT SAUCE FRESH FRUIT
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
PASTA SALAD  4 GRILLED PORK SAUSAGES  SAUTEED PEAS FRESH FRUIT	<p style="text-align: center; font-size: 2em; color: green;">Holiday</p>	RICE WITH VEGETABLES  GRILLED CHICKEN BREAST  BAKED TOMATO AND COURGETTE YOGHURT	BOILED CHARDS WITH POTATOES  COD CROQUETTES 5 "GAZPACHO" (COLD TOMATO SOUP) 6 FRESH FRUIT	MIXED SALAD  KOTTBULLAR (meatballs with onion sauce)  MASHED POTATOES FRESH FRUIT
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
CREAM OF VEGETABLE SOUP (green beans, chards, carrots and potatoes)  FISH STEW 7 BAKED AUBERGINES 8 FRESH FRUIT	VEGETABLE PAELLA (RED AND GREEN, PEPPERS, ARTICHOKES, LEEK, GREEN PEAS AND GREEN BEANS)  ZUCCHINI OMELETTE  GREEN PEPPER STRIPS FRESH FRUIT	BOILED POTATOES, GREEN BEANS AND CARROTS WITH MAYONNAISE  BAKED MARINATED TURKEY 9 CAMELIZED ONION FRESH FRUIT	LENTIL AND VEGETABLE STEW (sauteed onions, garlic, red pepper and tomato)  GRILLED PORK SAUSAGES  SAUTEED BASMATI RICE ICE CREAM	10 MAC & CHEESE (by Pepi Lorente) 11 HOT DOGS  CABBAGE AMERICAN SALAD FRESH FRUIT
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<p style="text-align: center; font-size: 2em; color: green;">Holiday</p>	RICE WITH HOMEMADE TOMATO SAUCE  CHEESE OMELETTE 12 MUSHROOM SAUTEED FRESH FRUIT	BOILED CHICKPEAS, POTATOES AND CARROTS  BATTERED CUTTLEFISH 13 TOMATO AU GRATIN WITH BREADCRUMBS CUSTARD	BOILED SPINACHS WITH POTATOES  BAKED CHICKEN IN LEMON SAUCE 14 RATATOUILLE FRESH FRUIT	15 SPAGHETTI WITH YOGHURT 16 GREEK STYLE PORK STRIP  SALAD OF CUCUMBER, TOMATO AND FRESH FRUIT

## Dinners Recommendation

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
GRILLED VEGETABLES BAKED TURKEY IN MUSTARD SAUCE FRESH FRUIT	VEGETABLES COUS COUS HAM AND CHEESE SANDWICH YOGHURT	LENTIL SALAD HAKE IN GREEN SAUCE FRESH FRUIT	"GAZPACHO" (COLD TOMATO SOUP) BAKED BASS WITH GRILLED ZUCCHINI FRESH FRUIT	BOILED CHARDS WITH POTATOES BATTERED CUTTLEFISH FRESH FRUIT
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
CREAM OF VEGETABLE SOUP (green beans, chards, carrots and potatoes) BAKED TUNA (WITH ONION AND TOMATO) FRESH FRUIT		COURGETTE SOUP (potato and onion) BAKED BASS WITH GRILLED ZUCCHINI FRESH FRUIT	BEANS SALAD (tuna,grated carrots and tomato) GRILLED STEAK YOGHURT	RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE) SPANISH OMELETTE WITH ONION FRESH FRUIT
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
HOMEMADE HUMMUS GRILLED STEAK FRESH FRUIT	SAUTED SPINACHS STEW LAMB WITH LEMON AND HONEY YOGHURT	RICE WITH VEGETABLES BAKED HAKE (ONION AND TOMATO) YOGHURT	POTATO SALAD (BLACK OLIVES, BOILED EGG, TUNA AND PARSLEY) GARLIC STYLE RABBIT FRESH FRUIT	WATERMELON AND TOMATO COLD SOUP BAKED EGGS IN BECHAMEL FRESH FRUIT
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
	POTATO AND HAM GRATIN BAKED BASS WITH GRILLED ZUCCHINI FRESH FRUIT	VEGETABLES SMASHED GRILLED STEAK FRESH FRUIT	RICE CASSEROLE WITH VEGETABLES GRILLED CUTTLEFISH CURD	GRILLED VEGETABLES SALT COD FRITTERS FRESH FRUIT

## Special Dietary Needs

1. gluten free pasta
2. without cheese
3. Gluten free breaded
4. Gluten-free pasta
5. Gluten free croquettes
6. Breaded fish
7. Homemade fishballs
8. Grilled hake
9. Gluten-free flour
10. gluten free pasta
11. pasta with napolitana sauca
12. Plain omellete
13. Gluten-free flour
14. Grilled chicken
15. gluten free pasta
16. pasta with tomato sauce

The students accompanied the menu by a salad buffet.