



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms)</p> <p>2P BAKED ZUCHINNI, TOMATO, CHEESE AND ASPARAGUS (7)</p> <p>GU FRESH SALAD</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">1</p>	<p>1P FRESH VEGETABLES CREAM</p> <p>2P BOLOGNESE PASTA (minced vegano (tempeh) and homemade tomato sauce) (1, 6)</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">2</p>	<p>1P BOILED GREEN BEANS AND POTATOES</p> <p>2P GRILLED VEGETABLES SAUSAGES</p> <p>GU CARROT STICKS IN TEMPURE (1, 6, 7)</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">3</p>	<p>1P PASTA SALAD (1, 2, 3, 4, 7, 10, 14)</p> <p>2P SCRAMBLED EGGS WITH MUSHROOMS</p> <p>GU GRILLED ZUCCHINI</p> <p>PO YOGURT (7)</p> <p style="text-align: right;">4</p>	
<p>1P RUSSIAN SALAD (3, 4)</p> <p>2P SEITAN STEW (1, 9)</p> <p>GU BOILED RICE</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">7</p>	<p>1P ALFREDO'S PASTA (cheese sauce) (1, 3, 7, 12)</p> <p>2P HOMEMADE HUMMUS (chickpeas)</p> <p>GU FRESH SALAD</p> <p>PO YOGURT (7)</p> <p style="text-align: right;">8</p>	<p>1P LEEK AND POTATOES CREAM (7)</p> <p>2P VEGETABLE LASAGNA (au gratin with bechamel) (1, 3, 7)</p> <p>GU FRESH SALAD (lettuce, red pepper, and carrot) (12)</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">9</p>	<p>CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato)</p> <p>2P POTATOES AND ONION OMELETTE (3)</p> <p>GU GRILLED ZUCCHINI</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">10</p>	<p>1P BOILED RICE WITH HOMEMADE TOMATO SAUCE</p> <p>2P GRILLED VEGETABLES BURGUER (12)</p> <p>GU CARROT STICKS IN TEMPURE (1, 6, 7)</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">11</p>
<p>1P GRILLED VEGETABLES</p> <p>2P VEGETABLE PAELLA (onion, red and green pepper, leek, peas and green beans)</p> <p>GU FRESH SALAD</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">14</p>	<p>1P LENTILS SALAD (black olives, carrot and tomato) (1, 4)</p> <p>2P SCRAMBLED EGGS WITH VEGETABLES (3)</p> <p>GU BOILED CARROTS</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">15</p>	<p>1P CARROT CREAM (potato and onion)</p> <p>HOMEMADE VEGETAL PIZZA (tomato sauce, mozzarella, aubergine, onion, zucchini, mushrooms and olives) (1, 6, 7)</p> <p>2P FRESH FRUIT</p> <p style="text-align: right;">16</p>	<p>1P PASTA (two sauces to choice) (1, 3, 6, 7, 12)</p> <p>2P BREADED TOFU (flour, egg and breadcrumbs) (1, 3, 6)</p> <p>GU CHIPS</p> <p>PO FRESH FRUIT</p> <p style="text-align: right;">17</p>	<p style="text-align: right;">18</p>
21	22	23	24	25
28	29	30		

Validated menus by our SANED dietitians-nutritionists (CAT000409)



ALLERGENS:

