





# MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

<b>LUNES</b>	MOLLETE CON ACEITE DE OLIVA PETIT SUISSE	<b>MARTES</b>	ZUMO NATURAL GALLETAS NAPOLITANA	<b>MIÉRCOLES</b>	ACTIMEL SÁNDWICH PAVO	<b>JUEVES</b>	FRUTA VARIADA LECHE CON CACAO
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## SUGERENCIAS PARA LA CENA

				J 1	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA	V 2	VERDURA, JAMÓN COCIDO, QUESO, FRUTA Y VASO DE LECHE
L 5	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	M 6	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 7	ENSALADA DE ARROZ, LOMO ADOBADO, FRUTA	J 8	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE
L 12	BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE	M 13	ENSALADA, PESCADO, FRUTA	X 14	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 15	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA
L 19	ENSALADA MIXTA, TORTILLA DE QUESO, FRUTA	M 20	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 21	FILETES RUSOS, FRUTA Y YOGURT	J 22	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA
						V 23	VERDURA, JAMÓN COCIDO, QUESO, FRUTA Y VASO DE LECHE







# TEA (PRE-SCHOOL AND FIRST CYCLE OF PRIMARY EDUCATION)

**MONDAY**

BREAD ROLL WITH  
OLIVE OIL  
PETIT SUISSE

**TUESDAY**

FRESHLY SQUEEZE JUICE  
CINNAMON BISCUITS

**WEDNESDAY**

ACTIMEL  
TURKEY BREAD ROLL

**THURSDAY**

VARIETY OF FRUITS  
CHOCOLATE MILK

## DINNER SUGGESTION

M 5	SALMON SANDWICH, YOGHURT AND FRUIT	T 6	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 7	RICE SALAD, FRIED PORK LOIN, FRUIT	Th 8	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	F 9	RUSSIAN FILLETS, FRUIT AND YOGHURT
M 12	BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK	T 13	SALAD, FISH, FRUIT	W 14	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 15	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 16	VEGETABLE PURÉE, GRILLED MEAT, FRUIT
M 19	MIXED SALAD, CHEESE OMELETTE, FRUIT	T 20	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 21	RUSSIAN FILLETS, FRUIT AND YOGHURT	Th 22	SPINACH SALAD, ROAST DORADA, FRUIT	F 23	VEGETABLES, HAM, CHEESE, FRUIT AND A GLASS OF MILK