

# FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Vegetable puree</p> <p>Roast chicken</p> <p>Seasonal fruit</p>	<p><b>2</b> Pasta spirals with tomato sauce, cheese and stuffed eggs.</p> <p>Seasonal fruit</p>	<p><b>3</b> Chickpeas</p> <p>Baked codfish</p> <p>Seasonal fruit</p>	<p><b>4</b> Green beans, carrots and potatoes</p> <p>Burger</p> <p>Yoghurt</p>	<p><b>5</b> Brown rice with lentils</p> <p>Ham croquettes</p> <p>Seasonal fruit</p>
<p><b>8</b> Macaroni with vegetables</p> <p>Sausages</p> <p>Seasonal fruit</p>	<p><b>9</b> Beans</p> <p>Grilled/ Baked hake</p> <p>Seasonal fruit</p>	<p><b>10</b> Three delights fried rice</p> <p>Veggie burger</p> <p>Seasonal fruit</p>	<p><b>11</b> Squash soup</p> <p>Spanish omelette</p> <p>Yogurt</p>	<p><b>12</b></p>
<p><b>15</b> Roast potatoes and tomatoes</p> <p>Skewered chicken</p> <p>Seasonal fruit</p>	<p><b>16</b> Seafood paella</p> <p>Codfish fritter</p> <p>Seasonal fruit</p>	<p><b>17</b> Courgette puree</p> <p>Sausage with chips</p> <p>Seasonal fruit</p>	<p><b>18</b> Stewed lentils</p> <p>Grilled / Baked monkfish</p> <p>Flan</p>	<p><b>19</b> Wholewheat spaghetti with carbonara sauce</p> <p>French omelette</p> <p>Seasonal fruit</p>
<p><b>22</b> Brown rice</p> <p>Homemade meatballs</p> <p>Seasonal fruit</p>	<p><b>23</b> Sauteed spinach with chickpeas</p> <p>Baked fish</p> <p>Seasonal fruit</p>	<p><b>24</b> Soup</p> <p>Courgette omelette</p> <p>Seasonal fruit</p>	<p><b>25</b> Beans</p> <p>Hake sticks</p> <p>Yoghurt</p>	<p><b>26</b> Leek puree</p> <p>Turkey fillet</p> <p>Seasonal fruit</p>