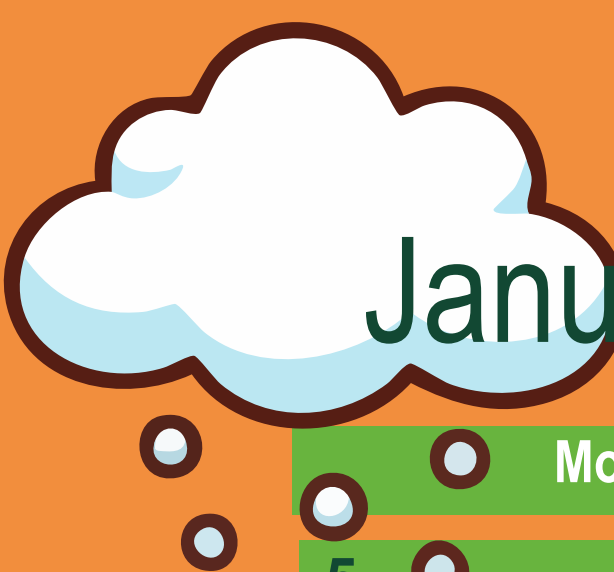


A stylized illustration of three bright orange fruits with green leaves, positioned in front of a glass jar filled with orange juice. The entire scene is set against a solid orange background.

POSTRES: FRUTA TRES DÍAS A A SEMANA Y LÁCTEOS





January -3/4/5 years

2025-2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 HOLIDAY	6 THE THREE WISE MEN	7 HOLIDAYS	8 Lentils and vegetable stew Salmon in vegetable sauce with sautéed courgettes 528kcl, 25Ch, 38Prot, 30Lip	9 Courgette cream soup Breaded chicken breast with lettuce and tomato salad 439kcl, 44Ch, 24Prot, 24Lip
12 Vegetable paella Turkey ragu with vegetables 452Kcl, 37Ch, 33Prot, 18Lip	13 Madrilenian style chickpeas stew Battered sole in carrot sauce with sautéed peas 448kcl, 30Ch. 46 Prot, 12 Lip	14 Sautéed steamed runner beans with ham Roasted chicken with Baker-style potatoes 472kcl, 12Ch, 46Prot, 24 Lip	15 Fresh vegetable cream soup Battered hake with tomato an sweetcorn salad 427kcl, 35Ch, 27Prot, 20 Lip	16 Poultry soup with hash Salisbury steaks in barbecue sauce with rice 439kcl, 30Ch, 27Prot, 21 Lip
19 Potatoes and vegetable stew Homemade ham croquettes with lettuce and tomato salad 456kcl, 38Ch, 30Prot, 20Lip	20 Haricot beans and vegetable stew Hake in marinière sauce with baby carrots 473kcl, 34Ch, 38Prot, 18 Lip	21 Sautéed peas with bacon Jardinière style meatballs with diced potatoes 440kcl, 29Ch, 22Prot, 24 Lip	22 Carrot cream soup Battered sole with sautéed courgettes 473kcl, 45Ch, 27Prot, 20 Lip	23 Stew soup Full Stew: Chickpeas, meat, chorizo potatoes and carrots 449kcl, 33Ch, 28Prot, 22 Lip
26 Chicken and vegetables noodle paella Spanish omelette with tomato salad 439kcl, 44Ch, 24Prot, 24Lip	27 Lentils and vegetables stew Salmon in spinach sauce with roasted pumpkin 528 kcal,25CH, 38Prot, 30Lip	28 Pumpkin cream soup Chicken thighs in onion sauce with Baker- style potatoes 473kcl, 21Ch, 31Prot, 27Lip	29 Poultry soup with pasta star Battered hake loin with vegetables 446kcl, 53Ch, 31Prot, 11 Lip	30 Steamed vegetables stew Villaroy style eggs with lettuce and tomato salad 419kcl, 35Ch, 24Prot, 18Lip



DESSERTS: FRUIT THREE DAYS A WEEK AND DAIRY PRODUCTS

