

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Kcal 602 Lip. 26	P. 12 H.C. 76	Kcal 809 Lip. 24	P. 35 H.C. 113	Kcal 814 Lip. 24	P. 50 H.C. 98	Kcal 668 Lip. 22	P. 40 H.C. 76		
<ul style="list-style-type: none"> - Vegetable cream - Spanish omelette with lettuce - Fruit Bread 	<ul style="list-style-type: none"> - Rice with sausages and chorizo - Hake fillet with peppers - Fruit Bread 	<ul style="list-style-type: none"> - Carbonara tagliatelle - Turkey stew in sauce with salad - Fruit Bread 	<ul style="list-style-type: none"> - Rioja potatoes - Breaded marinated pork loin with lettuce - Different flavors yogurt Bread 						
Kcal 461 Lip. 5	P. 34 H.C. 56	Kcal 976 Lip. 46	P. 26 H.C. 115	Kcal 699 Lip. 25	P. 24 H.C. 84	Kcal 635 Lip. 30	P. 23 H.C. 68	Kcal 825 Lip. 45	P. 39 H.C. 66
<ul style="list-style-type: none"> - Lentils with vegetables - Bream baked with tomato and lettuce - Fruit Bread 	<ul style="list-style-type: none"> - Rice with seafood - Chicken nuggets with salad - Fruit Bread 	<ul style="list-style-type: none"> - Red beans with sausage - Spanish omelette with salad - Fruit Bread 	<ul style="list-style-type: none"> - Stars soup with chicken and egg - Baked veal hamburger with tomato - Fruit Bread 	<ul style="list-style-type: none"> - Pumpkin and carrot cream - Stewed pork in sauce - Different flavors yogurt Bread 					
Kcal 600 Lip. 18	P. 27 H.C. 82	Kcal 719 Lip. 24	P. 30 H.C. 91	Kcal 799 Lip. 50	P. 20 H.C. 65	Kcal 784 Lip. 24	P. 37 H.C. 103	Kcal 638 Lip. 22	P. 39 H.C. 68
<ul style="list-style-type: none"> - Fried rice - Boiled eggs with tomato - Fruit Bread 	<ul style="list-style-type: none"> - Chickpeas with vegetables - Baked salmon in vegetable sauce with salad - Fruit Bread 	<ul style="list-style-type: none"> - Sautéed green beans - Veal and pork meatballs with mixed vegetables with salad - Fruit Bread 	<ul style="list-style-type: none"> - Bolognese spaghetti - Hake fillet in green sauce - Fruit Bread 	<ul style="list-style-type: none"> - Courgette cream - Breaded chicken breasts with lettuce - Naturally sweetened yogurt Bread 					
Kcal 752 Lip. 18	P. 32 H.C. 103								
<ul style="list-style-type: none"> - Lentils with vegetables - San Jacopo with salad - Fruit Bread 									



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48100 Mungia (Bizkaia)
Tel.: 94 452 38 00

DINNER SUGGESTIONS:



FOOD EATEN AT LUNCHTIME

DINNER SUGGESTIONS

Rice, pasta, potatoes or pulses	→	Raw or cooked vegetables
Vegetables	→	Rice, pasta or potatoes
Meat	→	Fish or meat
Fish	→	Meat or egg
Egg	→	Fish or meat
Fruit	→	Dairy or fruit
Dairy	→	Fruit

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