

**Seasonal fruit:**  
Apple, Pear, Banana, Melon,  
Watermelon

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Wholemeal spaghetti with homemade tomato sauce Hake in a sailor's style Lettuce and corn with 'EOVO' White bread Seasonal fruit	<b>2</b> Cream of ECO carrot Sea and mountain stewed chickpeas Wholemeal bread Seasonal fruit	<b>3</b> Stewed lentils with vegetables Potato and onion omelette Lettuce, tomato and asparagus with 'EOVO' White bread Plain yogurt	<b>4</b> Rice salad (tomato, corn and olives) Chicken with barbecue sauce Grilled potatoes Wholemeal bread Seasonal fruit	<b>5</b> Vegetable soup Sirloin with apple sauce Lettuce and carrot with 'EOVO' White bread Seasonal fruit
<b>8</b> Broccoli chutney Meatballs in the planter White bread Seasonal fruit	<b>9</b> German salad Chicken with thyme Lettuce, tomato and corn with 'EOVO' Wholemeal bread Seasonal fruit	<b>10</b> Three delights rice (tortilla, peas and turkey) Baked hake with sauce Lettuce, corn and beetroot with 'EOVO' White bread Seasonal fruit	<b>11</b> Leek cream with croutons Wholemeal macaroni with vegetable bolognese Wholemeal bread Plain yogurt	<b>12</b> Stewed dried beans with vegetables French omelette Salad and olive medley with 'EOVO' White bread Seasonal fruit
<b>15</b> Poultry soup Lentil salad (tomato, carrot and corn) Tomato, cucumber and olive salad White bread Seasonal fruit	<b>16</b> Wholemeal pasta salad (tomato, carrot and corn) Hake fillet with orange Lettuce and olives with 'EOVO' Wholemeal bread Seasonal fruit	<b>17</b> Green beans with potato Roasted chicken Lettuce and carrot with 'EOVO' White bread Seasonal fruit	<b>18</b> Cream of ECO zucchini with croutons Ham and cheese pizza Wholemeal bread Seasonal fruit	<b>19</b> Neapolitan rice Ham croquettes Cannelloni, lettuce, carrot and olives with 'EOVO' White bread Ice cream and soft drinks



**HAPPY  
SUMMER**