



# SUMMER MENU

	Week 1	Week 2	Week 3	Week 4	Dessert	Afternoon Snack
Monday	Rice salad with diced vegetables. Baked fish with potatoes and onions.	Veggie "paella". Braised turkey with seasonal vegetables.	Rice salad with diced vegetables and cheese. Fish fingers served with grilled mushrooms and tomatoes.	Tomato slices dressed with oregano and olive oil. Chicken and cheese burger served with rice.	Seasonal fresh fruit.	Almond milk (no added sugar) with wholegrain biscuits.
Tuesday	Grated carrots marinated in lemon juice and served with sweet corn. Chicken-burger with cheese, served with sautéed courgette and onion.	Vichyssoise (cold soup). Chicken breast with chips.	Cold summer leek and courgette soup with almond cream. Baked chicken in vegetable sauce.	Boiled seasonal vegetables with potato dices. Turkey and spinach burgers/balls served with home-made tomato sauce.	Seasonal fresh fruit.	Rice or corn crackers.
Wednesday	Sautéed chicheas with kale and potatoes. Battered white fish served with seasonal vegetables (asparagus, artichokes, spinach...)	Humus dipped with wholegrain crackers and carrot and cucumber sticks. Baked cod slices.	White beans sautéed with courgette and mild paprika. White fish fillets marinated in lemon juice and served with chips.	Legume pasta in a home-made vegetable sauce (no cheese). Fresh baked fish with seasonal vegetables.	Seasonal fresh fruit.	"La Fageda" artisan natural flavour yoghurt
Thursday	Quinoa with vegetables and home-made tomato sauce. Veggie-burger and chips.	Cold salad with diced carrots, peas, potatoes etc. Veggie-sausages served with home-made vegetable sauce.	Quinoa salad with finely grated raw vegetables. Baked beef filets in the oven with seasonal vegetables.	Summer fresh mushroom and leek sauté. Pork sausages served with boiled seasonal vegetables in olive oil.	"La Fageda" artisan natural flavour yoghurt	Seasonal fresh fruit.
Friday	Pasta served with diced vegetables and melted cheese. Pork filet baked with vegetables and mushrooms.	Wholegrain pasta served with diced vegetables and grated cheese. Beef-burger with grilled seasonal vegetables.	Pasta bolognese. Veggie-burger with tofu and vegetables.	Pasta salad with finely grated raw vegetables. Tofu burger served with chips.	Seasonal fresh fruit.	Wholegrain fresh bread served with chocolate chunks.