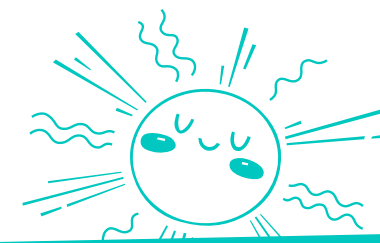
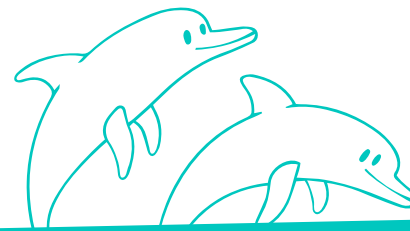


Semana	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1	28 de junio <ul style="list-style-type: none"> » Crema de puerros » Albóndigas a la jardinera » Ensalada verde » Yogur natural 	29 de junio <ul style="list-style-type: none"> » Garbanzos estofados » Tortilla de patatas » Tomate natural » Fruta 	30 de junio <ul style="list-style-type: none"> » Macarrones con tomate » Pollo asado » Lechuga y olivas » Fruta 	1 de julio <ul style="list-style-type: none"> » Ensaladilla rusa » Rabas de calamar » Ensalada de lechuga y tomate » Fruta 	2 de julio <ul style="list-style-type: none"> » Ensalada de arroz » Filete de abadejo enharinado » Ensalada de tomate y pepino » Fruta
2	5 de julio <ul style="list-style-type: none"> » Crema de calabacín » Hamburguesa de ternera a la plancha » Lechuga y maíz » Yogur natural 	6 de julio <ul style="list-style-type: none"> » Ensalada de pasta » Palometa a la andaluza con mahonesa de limon » Ensalada de espinacas, tomate y manzana » Fruta 	7 de julio <ul style="list-style-type: none"> » Lentejas con calabaza » Wok de pollo con verduras y salsa de soja » Ensalada mixta » Fruta 	8 de julio <ul style="list-style-type: none"> » Judías verdes con patatas » Carrillada en salsa » Tomate al horno gratinado » Fruta 	9 de julio <ul style="list-style-type: none"> » Arroz con tomate » Tortilla de queso » Lechuga y espárragos » Fruta
3	12 de julio <ul style="list-style-type: none"> » Arroz mar y montaña » Salchichas al horno » Tomate aliñado » Yogur natural 	13 de julio <ul style="list-style-type: none"> » Macarrones con tomate y queso rallado » Tortilla de jamón york » Lechuga y zanahoria rallada » Fruta 	14 de julio <ul style="list-style-type: none"> » Alubias blancas con chorizo » Pollo asado al estilo cajun » Ensalada de col » Fruta 	15 de julio <ul style="list-style-type: none"> » Ensalada campera » Filete de merluza rebozada » Ensalada verde » Fruta 	16 de julio <ul style="list-style-type: none"> » Brócoli rehogado » Pastel de carne » Ensalada mediterranea » Fruta
4	19 de julio <ul style="list-style-type: none"> » Pizza vegetal » Magro de cerdo » Pisto » Yogur natural 	20 de julio <ul style="list-style-type: none"> » Arroz con tomate y orégano » Salmón en salsa » Ensalada tropical » Fruta 	21 de julio <ul style="list-style-type: none"> » Patatas marinera » Empanado de pavo y queso » Ensalada mixta » Fruta 	22 de julio <ul style="list-style-type: none"> » Guisantes rehogados » Lomo a la plancha » Patata asada » Fruta 	23 de julio <ul style="list-style-type: none"> » Empedrado de garbanzos » Revuelto con verdura salteada y soja » Zanahoria rallada y remolacha » Fruta
5	26 de julio <ul style="list-style-type: none"> » Ensalada de arroz » Contramuslo de pollo asado con romero fresco » Ensalada verde » Yogur natural 	27 de julio <ul style="list-style-type: none"> » Judías verdes con chistorra » Hamburguesa de ternera en salsa de setas » Lechuga y tomate » Fruta 	28 de julio <ul style="list-style-type: none"> » Lentejas estofadas » Pastel de hortalizas con huevo » Lechuga y maíz » Fruta 	29 de julio <ul style="list-style-type: none"> » Ensalada alemana » Abadejo con ajitos y cebolla en salsa de tomate » Ensalada de espinacas, tomate y manzana » Fruta 	30 de julio <ul style="list-style-type: none"> » Crema de legumbres » Croquetas de jamón » Lechuga y olivas » Fruta



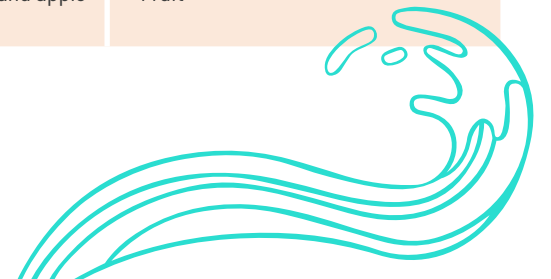
BRAINS SummerCamp

La Moraleja



2021

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	28th of June <ul style="list-style-type: none"> » Cream of leek soup » Meatballs with vegetables » Green salad » Natural yoghurt 	29th of June <ul style="list-style-type: none"> » Stewed chickpeas » Spanish omelette » Fresh tomato » Fruit 	30th of June <ul style="list-style-type: none"> » Macaroni with tomato sauce » Roast chicken » Lettuce and olives » Fruit 	1st of July <ul style="list-style-type: none"> » Russian salad » Squid sticks » Lettuce and tomato salad » Fruit 	2nd of July <ul style="list-style-type: none"> » Rice salad » Floured fish fillet » Tomato and cucumber salad » Fruit
2	5th of July <ul style="list-style-type: none"> » Cream of courgette soup » Grilled beef burger » Lettuce and sweetcorn » Natural yoghurt 	6th of July <ul style="list-style-type: none"> » Pasta salad » Andalusian style fish & lemon mayonnaise » Spinach salad with tomato and apple » Fruit 	7th of July <ul style="list-style-type: none"> » Lentils with pumpkin » Chicken and vegetable wok & soy sauce » Mixed salad » Fruit 	8th of July <ul style="list-style-type: none"> » Green beans with potatoes » Pork cheek in sauce » Baked tomato au gratin » Fruit 	9th of July <ul style="list-style-type: none"> » Rice with tomato sauce » Cheese omelette » Lettuce and asparagus » Fruit
3	12th of July <ul style="list-style-type: none"> » Sea and mountain rice » Sausages » Tomato » Natural yoghurt 	13th of July <ul style="list-style-type: none"> » Macaroni with tomato and grated cheese » Ham omelette » Lettuce and shredded carrot » Fruit 	14th of July <ul style="list-style-type: none"> » Haricot beans with sausage » Cajun roasted chicken » Coleslaw » Fruit 	15th of July <ul style="list-style-type: none"> » Country salad » Battered hake fillet » Green salad » Fruit 	16th of July <ul style="list-style-type: none"> » Brócoli rehogado » Pastel de carne » Ensalada mediterranea » Fruta
4	19th of July <ul style="list-style-type: none"> » Vegetable pizza » Pork stew » Ratatouille » Natural yoghurt 	20th of July <ul style="list-style-type: none"> » Rice with tomato sauce y oregano » Salmon in sauce » Tropical salad » Fruit 	21st of July <ul style="list-style-type: none"> » Seafood potato stew » Breaded turkey and cheese » Mixed salad » Fruit 	22nd of July <ul style="list-style-type: none"> » Peas with olive oil » Grilled pork loin slices » Roast potatoes » Fruit 	23rd of July <ul style="list-style-type: none"> » Empedrado de garbanzos » Revuelto con verdura salteada y soja » Zanahoria rallada y remolacha » Fruta
5	26th of July <ul style="list-style-type: none"> » Rice salad » Roast chicken with rosemary » Green salad » Natural yoghurt 	27th of July <ul style="list-style-type: none"> » Green beans with chistorra » Beef burger in mushroom sauce » Lettuce and tomato » Fruit 	28th of July <ul style="list-style-type: none"> » Lentil stew » Vegetable cake with egg » Lettuce and sweetcorn » Fruit 	29th of July <ul style="list-style-type: none"> » German salad » Haddock with tomato sauce, garlic and onions » Spinach salad with tomato and apple » Fruit 	30th of July <ul style="list-style-type: none"> » Bean soup » Ham croquettes » Lettuce and olives » Fruit



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INTERNATIONAL SCHOOLS

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