

NOVEMBER 2025



Infants 1 Year Old ** VEGETABLES (hake, onion, tomato, green beans, potato a



M/03

CHICKEN WITH VEGETABLES

(chicken, pumpkin, celery , leek, carrots, potato and olive oil)



Yoghurt

Fruit purée

T/04

RICE WITH HAKE AND

VEGETABLES (hake, carrots. beans, peas, olive oil)

GRILLED TURKEY BREAST (mastication)

Seasonal fruit

Fruit purée

W/05

HAKE WITH TOMATO AND VEGETABLES (hake, onion. tomato, green beans, potato, olive oil)



Seasonal fruit

Fruit purée

T/06

TURKEY WITH

VEGETABLES (turkey, potato, courgette, leek and olive oil)



Seasonal fruit

Fruit purée

F/07

LENTIL STEW

SPANISH OMELETTE (mastication)

Seasonal fruit

Fruit purée

M/10

HAKE WITH CARROTS

AND POTATOES (hake, carrots, leek, potsto and olive

GRILLED TURKEY BREAST (mastication)

Seasonal fruit

Fruit purée

T/11

TURKEY WITH POTATOES

(turkey, onion,tomato,potato and olive oil)

GRILLED HAKE (mastication)

Yoghurt

Fruit purée

W/12

RICE WITH HAKE AND VEGETABLES (rice, hake,

carrots, courgettes, tomato and

GRILLED CHICKEN BREAST (mastication)

Seasonal fruit

Fruit purée

T/13

CHICKPEAS WITH VEGETABLES

SPANISH OMELETTE (mastication)

Seasonal fruit

Fruit purée

F/14

CHICKEN WITH PEAS AND CARROTS (chicken, carrots,

peas,green beans ,potaato, olive

VEGETABLES (mastication)

Seasonal fruit

Fruit purée

M/17

HAKE WITH TOMATO AND tomato, green beans, potato and

olive oil)

GRILEED CHICKEN BREAST (mastication)

Seasonal fruit

Fruit purée

T/18

TURKEY WITH

VEGETABLES (turkey, potato, courgette, leek and olive oil)

VEGETABLES (mastication)

Seasonal fruit

Fruit purée

W/19

LENTIL STEW

SPANISH OMELETTE (mastication)

Seasonal fruit

Fruit purée

T/20

RICE WITH HAKE AND VEGETABLES (hake, carrots,

beans, peas, olive oil)

GRILLED TURKEY BREAST (mastication)

Seasonal fruit

Fruit purée

F/21

CHICKEN WITH VEGETABLES (chicken. pumpkin, celery, leek, carrots, potato and olive oil)

GRILLED HAKE (mastication)

Yoghurt

Fruit purée

M/24

RICE WITH HAKE AND

VEGETABLES (rice, hake, carrots, courgettes, tomato and olive oil)

GRILLED CHICKEN BREAST (mastication)

Seasonal fruit

Fruit purée

T/25

TURKEY WITH POTATOES (turkey, onion,tomato,potato

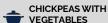
GRILLED HAKE (mastication)

Seasonal fruit

Fruit purée

and olive oil)

W/26



SPANISH OMELETTE (mastication)

Yoghurt

Fruit purée

T/27

CHICKEN WITH PEAS AND CARROTS (chicken, carrots. peas,green beans ,potaato, olive

VEGETABLES (mastication)

Seasonal fruit

Fruit purée

F/28

HAKE WITH CARROTS AND POTATOES (hake, carrots, leek, potsto and olive

GRILLED TURKEY BREAST (mastication)

Seasonal fruit

Fruit purée