

Monday	Tuesday	Wednesday	Thursday	Friday
"Vermar" noodles 01	Gnocchi with pesto	Leek cream	Risotto of spinach	Christmas soup
Soups	Salad	Fish mallorcan style 04	Steamed cod with salad 04	Potato omelet with salad
Pear	Apple	Orange	Pineapple	Clementines

Ideas for dinner

Chicken soup	Lentil salad	Broken eggs	Fish Raola	Salty pancakes
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Gluten
01
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Crustaceans
02
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Eggs
03
- 
Fish
04
- 
Peanuts
05
- 
Soya
06
- 
Dairy
07
- 
Fruits with shell
08
- 
Celery
09
- 
Mustard
10
- 
Sesame
11
- 
SO₂ & sulphites
12
- 
Lupins
13
- 
Molluscs
14