

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Sausages Patatas	Merluza	Lentejas	Mix verduras Bacon	Spaguetthi Boloñesa	Ñoquis Pesto	Lomo Patatas
Dinner	Verduras frescas Baco	Hamburgesa	Tomate Aguacate Ques	Chicken Patata	Hotdog	Macarrones	AYUNO