



## JUNE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> Cuban Style Rice Pink Cusk-eel Fillets Lettuce Orange Prot: 21,12g - Fat: 41,82g Carb: 112,32g - kcal: 815,65	<b>1</b> Spring Salad Jangarris Pork Loin Yoghurt Prot: 39,11g - Fat: 29,75g Carb: 56,14g - kcal: 638,58	<b>2</b> Carrot Cream Soup Lemon Chicken Leg Lettuce and Corn Fruit Salad Prot: 21,67g - Fat: 19,70g Carb: 55,39g - kcal: 477,57	<b>3</b> Chickpeas with Sauté Oven-Baked Panga Fillet Vegetables Pear Prot: 40,80g - Fat: 26,05g Carb: 67,38g - kcal: 659,58	<b>4</b> Homemade Green Beans Meatballs in Sauce Banana Prot: 30,87g - Fat: 41,25g Carb: 75,02g - kcal: 794,84
<b>7</b> Neapolitan Noodles Batter-coated Hake Fillet Mayonnaise Actimel Prot: 34,59g - Fat: 37,77g Carb: 85,15g - kcal: 888,15	<b>8</b> Borage with Sauté Chicken Fillet in Blonde Sauce Watermelon Prot: 33,42g - Fat: 21,84g Carb: 63,70g - kcal: 585,08	<b>9</b> Assorted Salad Veal Stew Yoghurt Prot: 42,85g - Fat: 23,02g Carb: 49,45g - kcal: 633,69	<b>10</b> END OF SCHOOL YEAR SPECIAL MENU	
<b>14</b> Vegetable Purée Tuna Fillet in Piperrada Sauce Melon Prot: 21,50g - Fat: 28,71g Carb: 62,89g - kcal: 685,28	<b>15</b> Stew Soup with Maravilla Pasta Escalope Lettuce Yoghurt Prot: 37,35g - Fat: 24,15g Carb: 62,73g - kcal: 620,05	<b>16</b> White Beans "Pocha Style" Oven Baked Grouper Nectarine Prot: 43,82g - Fat: 10,50g Carb: 62,48g - kcal: 519,79	<b>17</b> Rice with Tomato Sauce Roast Chicken Leg Lettuce and Carrots Yoghurt Prot: 19,23g - Fat: 10,58g Carb: 69,13g - kcal: 449,47	<b>18</b> Green Beans with Sauté Thin Hamburger with Mushrooms Apple Prot: 23,09g - Fat: 45,51g Carb: 57,26g - kcal: 760,49
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>



**KAIKU Frutas.**  
Simplemente, irresistibles.

### ARAB DOMINATION AND JEWISH COOKING

- **ARAB DOMINATION:** Growing cereals reached great importance and sowing pulses in fallows resulted in significant food productions. Abu Zacaria, a Sevillian who lived in 12th century, wrote on his book on agriculture about the importance of sowing pulses in fallows because this practice is very beneficial for the land.
- **JEWISH COOKING:** being ruled by religious precepts it has been preserved along the centuries. The prohibition of lighting any fire on Lord's Day made them think of some hot dishes like "Cholent", a meat and kidney bean stew that was cooked on slow fire on Friday evening and would be still hot, ready to be eaten, on Saturday. This dish was called "Adafina" among Spanish Jews, and it was a stew made out of kid meat, oil, chickpeas, vegetables and herbs. Like the Christian stew, it produced three dishes: soup, chickpeas and vegetables, and meat.

\* Menus are calculated for 6 - 12 year old children.  
[It has to be taken into account that this is just one of the daily meals.]