

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee + toast with butter and jam	Orange juice + pancakes	Yogurt + toast with olive oil, tomato & ham	Apple juice + biscuits	Milk + muffins	Banana milkshake + Cereals with nuts	Hot chocolate + "Churros"
Lunch	Fabada (Beans stew)	Roasted lamb with baked potatoes	Paella	Fish + vegetables	Lentils with chorizo stew	Pasta with meat balls	Chicken and mashed potatoes
Snacks	Peach in syrup	Nutella sandwich	Pineapple + custard	Chilled rice pudding	Chocolate cookies	Fruit salad	Ice cream
Dinner	Cheese hamburger	Sardines	Steak + salad	Hot dogs + chips	Spanish omelette	Pizza	Vegetable soup +scrambled eggs
	All meals with bread						
Drinks	Milk, juice, water, fizzy drinks,...						

Spanish Meal planner