


# Menu September 2019

(Primary and Secondary Education)

					<b>Thursday 5th</b> Rice three delights Creamy spinach  Chicken stew Vegetables duet  Fruit. Bread and water.	<b>Friday 6th</b> Pumpkin cream soup Battered aubergine  Fish delights Steamed potatoes  Yoghurt or fruit. Bread and water
<b>Monday 9th</b> Burgos lentil stew Chard with potato  Frankfurts Stir-fried vegetables  Dairy dessert or fruit. Bread and water.	<b>Tuesday 10th</b> Leek cream soup Pepporonnata  Sole riojana Chips  Fruit. Bread and water	<b>Wednesday 11th</b> Rice with tomato sauce Ratatouille  Turkey ragout Diced vegetables  Fruit Bread and water	<b>Thursday 12th</b> Macaroni with tuna Rice with vegetables  French omelette with ham Lettuce and corn salad  Fruit. Bread and water.	<b>Friday 13th</b> Green beans with tomato sauce Sautéed red cabbage  Battered hake Rice pilaf  Yoghurt or fruit. Bread and water		
<b>Monday 16th</b> Baked rice Sautéed carrots  Grilled hamburger Lettuce and onion salad  Dairy dessert or fruit. Bread and water.	<b>Tuesday 17th</b> Cocido soup Cabbage with garlic  Cocido  Fruit. Bread and water.	<b>Wednesday 18th</b> Spiral pasta with vegetables Grilled courgette  Sole meunière Lettuce and tomato salad  Fruit. Bread and water.	<b>Thursday 19th</b> Carrot cream soup Artichoke with bacon  Pork loin with vegetables Diced potatoes  Fruit. Bread and water.	<b>Friday 20th</b> Potato stew Provençal vegetables  Eggs Villaroy Lettuce salad  Yoghurt or fruit. Bread and water		
<b>Monday 23rd</b> Spaghetti bolognese Peas with ham  Baked ham Sautéed vegetables  Dairy dessert or fruit. Bread and water.	<b>Tuesday 24th</b> Picadillo soup Sautéed vegetables  Chicken fillet Lettuce, corn and onion salad  Fruit. Bread and water.	<b>Wednesday 25th</b> Courgette cream soup Vegetables panaché  Meatball stew Diced potatoes  Fruit. Bread and water.	<b>Thursday 26th</b> Butter beans stew Caceres chard  Cod fritters Lettuce and carrot salad  Fruit. Bread and water.	<b>Friday 27th</b> Paella Baked leek  Cheese omelette Green salad  Yoghurt or fruit. Bread and water		
<b>Monday 30th</b> Star soup Sautéed spinach  Beef stew Vegetables duet  Dairy dessert or fruit. Bread and water.						

**SNACKS: Monday:** Salchichon sandwich. **Tuesday:** Cheese sandwich. **Wednesday:** Chorizo sandwich. **Thursday:** York ham sandwich. **Friday:** Chocolate biscuits.