

## Menu October 2021

(Primary & Secondary Education)

ART WEST		<b>经验到</b> 1/2003别	Friday 1st
		NATE AND THE REPORT OF THE PERSON OF THE PE	Vegetables cream soup
A			Catalonian chicken Chips
			Yoghurt or fruit.
			Bread and water
Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
Potato stew	Lentil stew with potato and carrot	Rice with tuna	Pumpkin cream soup
Varied frying		Chicken pepitoria	Spanish omelette
Mixed salad	Hake in sauce Vegetable duet	Mixed vegetables	Tomato salad
Fruit.		Fruit.	Yoghurt or fruit.
Bread and water.	Fruit. Bread and water	Bread and water	Bread and water
Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
CDANICH	Paella	Chard cream soup	Cocido soup
	Courgette omelette	Hake Riojana	Cocido
NATIONAL DAY	Lettuce and corn salad	Potatoes à la boulangère	Cocido
	Fruit. Bread and water	Fruit. Bread and water	Yoghurt or fruit. Bread and water
Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
Courgette cream soup	Butter beans stew	Spaghetti Carbonara	Rice with tomato sauce
Hake Orly	Chicken au lemon	Grilled hamburger	Steamed sausages Lettuce and tomato salad
rotatoes a la boulangere	Lettuce and com salad	Fruit.	Lettuce and tomato salad
Fruit.	Fruit.	Bread and water	Yoghurt or fruit.
Bread and water.	Bread and water		Bread and water
Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
Cauliflower cream soup	Rice bolognese	Potato stew	Cocido soup
Beef ragout Diced potatoes	French omelette with tuna Lettuce and carrot salad	Chicken curry Lettuce and onion salad	Cocido
Fruit. Bread and water.	Fruit. Bread and water	Fruit. Bread and water	Yoghurt or fruit. Bread and water
	Potato stew Varied frying Mixed salad Fruit. Bread and water.  Tuesday 12th  SPANISH NATIONAL DAY  Tuesday 19th  Courgette cream soup  Hake Orly Potatoes à la boulangère Fruit. Bread and water.  Tuesday 26th  Cauliflower cream soup  Beef ragout Diced potatoes Fruit.	Potato stew  Varied frying Mixed salad  Fruit. Bread and water.  Fruit. Bread and water  Tuesday 12th  SPANISH NATIONAL DAY  Tuesday 19th  Courgette omelette Lettuce and corn salad  Fruit. Bread and water  Tuesday 19th  Courgette cream soup  Hake Orly Potatoes à la boulangère  Fruit. Bread and water  Tuesday 26th  Cauliflower cream soup  Beef ragout Diced potatoes  Fruit. Fruit. Brench omelette with tuna Lettuce and carrot salad  Fruit. Fruit. French omelette with tuna Lettuce and carrot salad  Fruit. Fruit.	Potato stew  Varied frying Mixed salad  Fruit. Bread and water.  Fruit. Bread and water.  Wednesday 13th Paella  Courgette omelette Lettuce and corn salad Fruit. Bread and water  Tuesday 19th  Courgette cream soup  Hake Orly Potatoes à la boulangère  Fruit. Bread and water.  Fruit. Bread and water  Tuesday 16th  Courgette omelette Lettuce and corn salad Fruit. Bread and water  Chicken au lemon Lettuce and corn salad Fruit. Bread and water  Fruit. Bread and water  Fruit. Bread and water  Tuesday 26th  Cauliflower cream soup  Beef ragout Diced potatoes  Fruit. Fruit. Fruit. French omelette with tuna Lettuce and carrot salad Fruit. Fruit. Fruit. Fruit. Fruit. Fruit. Fruit onelette with tuna Lettuce and carrot salad Fruit. French omelette with tuna Lettuce and carrot salad Fruit. Fruit. Fruit. Fruit. Fruit.

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