

Menu October 2021

(Primary & Secondary Education)

				Friday 1st Vegetables cream soup Catalan chicken Chips Yoghurt or fruit. Bread and water		
				Monday 4th Macaroni bolognese Smoked pork chop Lettuce and onion salad Dairy dessert or fruit. Bread and water.	Tuesday 5th Potato stew Varied frying Mixed salad Fruit. Bread and water.	Wednesday 6th Lentil stew with potato and carrot Hake in sauce Vegetable duet Fruit. Bread and water
Monday 11th <p style="text-align: center; color: #ffc107;">NON SCHOOL DAY</p>		Tuesday 12th <p style="text-align: center; color: #dc3545;">SPANISH NATIONAL DAY</p>		Wednesday 13th Paella Courgette omelette Lettuce and corn salad Fruit. Bread and water	Thursday 14th Chard cream soup Hake Riojana Potatoes à la boulangère Fruit. Bread and water	Friday 15th Cocido soup Cocido Yoghurt or fruit. Bread and water
Monday 18th Potato and meat stew Battered eggs Vegetables Dairy dessert or fruit. Bread and water.	Tuesday 19th Courgette cream soup Hake Orly Potatoes à la boulangère Fruit. Bread and water.	Wednesday 20th Butter beans stew Chicken au lemon Lettuce and corn salad Fruit. Bread and water	Thursday 21st Spaghetti Carbonara Grilled hamburger Fruit. Bread and water	Friday 22nd Rice with tomato sauce Steamed sausages Lettuce and tomato salad Yoghurt or fruit. Bread and water		
Monday 25th Neapolitan spaghetti Andalusian hake Baby carrots Dairy dessert or fruit. Bread and water.	Tuesday 26th Cauliflower cream soup Beef ragout Diced potatoes Fruit. Bread and water.	Wednesday 27th Rice bolognese French omelette with tuna Lettuce and carrot salad Fruit. Bread and water	Thursday 28th Potato stew Chicken curry Lettuce and onion salad Fruit. Bread and water	Friday 29th Cocido soup Cocido Yoghurt or fruit. Bread and water		

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