FEBRUARY MENU 2020

WEEK ONE

Day 3 (Monday)
Peas with ham
Spanish omelette with tomato sauce
Fruit and milk

Day 4 (Tuesday)
Carrot soup
Ribs with chips
Pineapple in syrup

Day 5 (Wednesday)
Vegetable soup
Grilled salmon with potatoes
Fruit and milk

Day 6 (Thursday)
Broccoli with garlic sauce
Rice with squids
Fruit and milk

Day 7 (Friday)
Lentils
Tuna pie
Fruit and milk

WEEK TWO

Day 10 (Monday)
Macaroni with tuna
Omelette with salad
Fruit and milk

Day 11 (Tuesday)
Vegetable soup
Meatballs with chips
Yoghurt

Day 12 (Wednesday)
Chickpeas with vegetables
Tuna turnovers with salad
Fruit and milk

Day 13 (Thursday)
Soup
Baked codfish with potatoes
Fruit and milk

Day 14 (Friday)
Courgette soup
Breaded turkey with rice
Fruit and milk

WEEK THREE

Day 17 (Monday)
Carrot soup
Fried eggs with chips and chorizo
Fruit and milk

Day 18 (Tuesday)
Pasta
Galician stew
Fruit and milk

Day 19 (Wednesday)
Green beans with tomato sauce
Grilled pork loin with salad
Fruit and milk

Day 20 (Thursday)
Spinach soup
Grilled chicken breast with chips
Yoghurt

Day 21 (Friday)
Chickpeas with vegetables
Ham and cheese pie
Carnival dessert

WEEK FOUR

Day 27 (Thursday)
Caldo de gloria (Rosalia)
Stewed turkey with peas and ham
Fruit and milk

Day 28 (Friday)
Julienne soup
Pieces of cod with rice
Fruit and milk