

## INGREDIENTS:

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2 CUPS ALL-PURPOSE FLOUR  
2 TABLESPOONS GRANULATED SUGAR  
2 TEASPOONS BAKING POWDER  
1/2 TEASPOON KOSHER SALT  
1 1/2 CUPS MILK  
2 LARGE EGGS  
2 TABLESPOONS VEGETABLE OIL, PLUS MORE FOR COOKING  
POWDERED SUGAR OR MAPLE SYRUP, FOR SERVING

### DIRECTIONS

#### INSTRUCTIONS

Combine the dry ingredients in a large bowl. Place 2 cups all-purpose flour, 2 tablespoons granulated sugar, 2 teaspoons baking powder, and 1/2 teaspoon kosher salt in a large bowl and whisk to combine.

Add the wet ingredients. Add 1 1/2 cups milk, 2 large eggs, and 2 tablespoons vegetable oil. Whisk until almost smooth, a few small lumps are fine.

Let the batter rest while you heat a pan. Set the batter aside for 10 minutes.

Meanwhile, heat a large cast iron or nonstick skillet over medium-high heat.

Fry 3 pancakes for 3 minutes. Add 1 teaspoon of vegetable oil to the pan and swirl to coat. Add 2-tablespoon portions of the batter to the pan, cooking 3 at a time.

Cook on the first side until bubbles appear on the surface, the edges begin to look dry, and the bottoms are golden-brown, about 3 minutes.

Flip and cook for another 2 to 3 minutes. Flip the pancakes. Cook until the second sides are golden-brown, 2 to 3 minutes more. Transfer to a warm oven or plate.

Repeat using more oil and cooking the remaining batter.

More recipes

<https://www.bbcgoodfood.com/recipes/collection/top-20-spring-recipes>



# Menu

# March

# 2021



## 1<sup>st</sup> week

\* Monday 1<sup>st</sup> March

Spaghetti with tuna  
French omelette with salad  
Seasonal fruit

\* Tuesday, 2<sup>nd</sup> March

Pasta soup  
Russian fillets with frites and  
tomato sauce  
Petit suisse

\* Wednesday, 3<sup>rd</sup> March

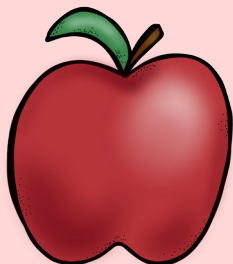
Broccoli with garlic  
Baked hake with potatoes  
Seasonal fruit

\* Thursday, 4<sup>th</sup> March

Bean stew  
Meat pie with salad  
Chocolate milk

\* Friday, 5<sup>th</sup> March

Creamy pumpkin soup  
Cod crumbs rice  
Yogurt



## 2<sup>nd</sup> week

\* Monday 8<sup>th</sup> March

Letil soup  
Ham croquettes with salad  
Seasonal fruit

\* Tuesday, 9<sup>th</sup> March

Cauliflower gratin  
Pork loin with frites  
Seasonal fruit

\* Wednesday, 10<sup>th</sup> March

Pasta soup  
Grilled salmon with rice  
Chocolate milk

\* Thursday, 11<sup>th</sup> March

Creamy spinach soup  
Monk fish, shrimp and mussels *Fideuá*  
Yogurt

\* Friday, 12<sup>th</sup> March

Creamy pumpkin soup  
Turkey snitzel with potatoes  
Seasonal fruit

## 3<sup>rd</sup> week

\* Monday, 15<sup>th</sup> March

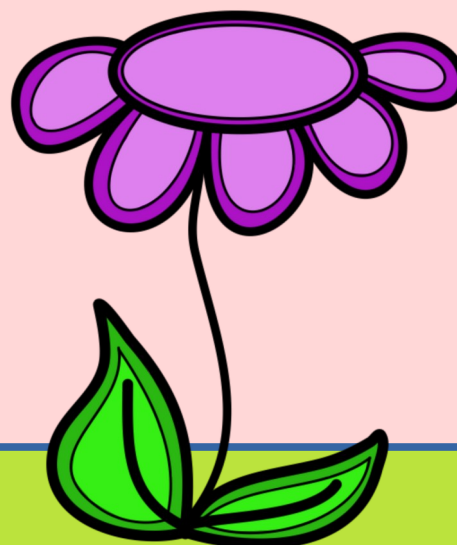
Macaroni gratin  
Fried eggs with fried potatoes  
and chorizo  
Chocolate milk

\* Tuesday, 16<sup>th</sup> March

Green beans with tomato  
Meatballs with rice  
Seasonal fruit

\* Wednesday, 17<sup>th</sup> March

Creamy carrot soup  
Beef and veggie lasagna  
Chocolate milk



## 4<sup>th</sup> week

\* Monday, 22<sup>nd</sup> March

Creamy leek soup  
Spaghetti with tuna and tomato  
Seasonal fruit

\* Tuesday, 23<sup>rd</sup> March

Julianne soup  
Grilled chicken with rice  
Chocolate milk

\* Wednesday, 24<sup>th</sup> March

Creamy veggie soup  
Spanish omelette with tomato  
Seasonal fruit

\* Thursday, 25<sup>th</sup> March

Peas with ham  
Pasta with calamari  
Pudding

\* Friday, 26<sup>th</sup> March

Creamy spinach soup  
Grilled cod with potatoes  
Seasonal fruit