

## SEPTEMBER 2022 MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 <sup>th</sup>					Lentils Tuna pie Fruit
12 <sup>th</sup> -16 <sup>th</sup>	Ham with tomatoes and cheese Mixed paella Fruit	Valverde salad Chicken leg with roasted potatoes Fruit	Soup Loin with lettuce Fruit	Brocoli with garlic sauce and eggs Fish, tomatoes and asparagus Fruit	Mixed salad Meat stew Custard
19 <sup>th</sup> -23 <sup>rd</sup>	Little pies Spaguetti with meat Fruit	Tropical salad Chicken breast with boiled potatoes Fruit	Peas with ham Fish with rice Natural yoghurt	Vegetables purée Fried squid with lettuce Fruit	Stuffed eggs Roasted lacon with lettuce Flavoured yoghurt
26 <sup>th</sup> -30 <sup>th</sup>	Little sardines, eggs and olives Bolognese macaroni Fruit	Cesar salad Meatballs with rice Creme caramel	Meat soup "Carne ao caldeiro" Fruit	Cabbage broth Fish with lettuce Fruit	Squid Beans, potatoes, eggs and "chorizo" Fruit

BACK TO SCHOOL