

NOVEMBER 2019 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 4-8 WEEK	Little sardines, eggs and olives Spaghetti with meat Fruit	Creamed vegetables Chicken breast with roasted potatoes Fruit	Peas with ham Fish with tomatoes Natural yoghurt	Fabada Fried squid with vegetables Crème caramel	Pasta salad Roasted lacon with lettuce Assorted dairy
11-15 NOVEMBER WEEK	Little pies Mixed paella Fruit salad	Stars soup Chicken leg with french fries Fruit	Warm salad Loin with lettuce Ecologic yoghurt	Chickpea stew Fish, tomatoes and asparagus Fruit	Stuffed eggs Meat stew Cheese and quince
18-22 NOVEMBER WEEK	Ham with tomatoes and cheese Bolognese macaroni Fruit	Creamed carrot Meatballs with rice Petit suisse	Meat soup "Carne ao caldeiro" Fruit	Cabbage broth Fish with lettuce Sponge cake	Squid Beans, potatoes, eggs and sausages Custard
25-29 NOVEMBER WEEK	Croquettes and sweet ham Chicken rice Fruit	Vegetable stew with eggs Cutlets with french fries Fruit	Creamed courgette Hake filet with lettuce Flavored yoghurt	Letters soup "Raxo" with boiled potatoes Fruit	"Grellos" broth Tuna and apple pie Crème caramel