

## NOVEMBER 2022 MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <sup>nd</sup> - 4 <sup>th</sup>			Cold turkey and mussels Paella Peaches in syrup	Sautéed beans Ribs with French fries Fruit	Grelas broth Tuna pie Custard
7 <sup>th</sup> - 11 <sup>th</sup>	Little pies Spaguetti with meat Fruit	Vegetables purée Chicken breast with roasted potatoes Fruit	Peas with ham Fish with rice Natural yoghurt	Fabada Fried squid with lettuce Fruit	Stuffed eggs Roasted lacon with vegetables Custard
14 <sup>th</sup> - 18 <sup>th</sup>	Ham with tomatoes and cheese Mixed paella Fruit salad	Stars soup Chicken leg with french fries Fruit	Warm salad Loin with lettuce Fruit	Chickpea stew Fish, tomatoes and asparagus Fruit	Pasta salad Meat stew Cheese and quince
21 <sup>st</sup> - 25 <sup>th</sup>	Little sardines, eggs and olives Bolognese macaroni Fruit	Creamed carrot Meatballs with rice Creme caramel	Meat soup "Carne ao caldeiro" Fruit	Cabbage broth Fish with lettuce Sponge cake	Squid Beans, potatoes, eggs and "chorizo" Fruit
28 <sup>th</sup> - 2 <sup>nd</sup>	Croquettes Chicken rice Fruit	Vegetable stew with eggs Chicken breast with tomatoes Fruit	Lentils Hake filet with lettuce Natural yoghurt	Letters soup "Raxo" with boiled potatoes Fruit	"Grelas" broth Tuna pie Assorted diary