

OCTOBER 2021 MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 th - 8 th	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
13 th - 15 th			Little sardines, eggs and olives Bolognese macaroni Fruit	Cabbage broth Fish with lettuce Fruit	Squid Beans, potatoes, eggs and "chorizo" Fruit
18 th - 22 th	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 Sponge cake	"Grelas" broth Tuna pie Assorted diary
25 th - 29 th	Cold meat starter Spaghetti bolognese Fruit	Vegetables purée Fish in sauce with rice Fruit	Stars soup "Zorza" with boiled potatoes Flavoured yoghurt	"Fabada" Roast chicken with salad Fruit	Stuffed eggs "Marinera" potatoes Fruit