

## 2022 OCTOBER MENU

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <sup>rd</sup> - 7 <sup>th</sup>	Croquettes Chicken rice Fruit	Vegetable stew with eggs Chicken breast with tomatoes Fruit	"Fabada" Hake filet with lettuce Natural yoghurt	Letters soup "Raxo" with boiled potatoes Fruit	"Grelas" broth Tuna pie Assorted diary Fruit
10 <sup>th</sup> - 14 <sup>th</sup>	Cold meat starter Spaghetti bolognese Fruit	Lentils Fish in sauce with rice Fruit		Soup "Zorza" with boiled potatoes Fruit	Stuffed eggs "Marinera" potatoes Fruit
17 <sup>th</sup> - 21 <sup>st</sup>	Ham with pineapple Macaroni with meat Natural yoghurt	Sautéed cauliflower with egg Loin with salad Fruit	Chickpeas with "chorizo" Fish with lettuce Cheese and quince	Creamed carrot Turkey breast with roasted potatoes Fruit	Fish soup Meat pie Fruit
24 <sup>th</sup> - 28 <sup>th</sup>	Sweet ham and cheese Tuna pasta Fruit	Cabbage broth Fish with tomatoes Flavoured yoghurt	Letter soup Escalope with French fries Fruit	Sautéed brocoli with eggs Stewed squids with rice Fruit	Stew Custard