



## MENÚ PARA O MES DE OUTUBRO 2021

<b>VENRES</b>	<b>1</b>	Minestra – Paella mariñeira (2,4,11)– Iogur (5)
<b>LUNS</b>	<b>4</b>	Crema vexetal– Macarróns boloñesa (8)– Froita
<b>MARTES</b>	<b>5</b>	Lentellas c/ verduras. Queixo con marmelo (8)
<b>MÉRCORES</b>	<b>6</b>	Feixóns c/ allada e patacas– Peixe á prancha– Iogur (5)
<b>XOVES</b>	<b>7</b>	Ensalada rusa (2,6) – Xamón asado c/ champiñóns– Froita
<b>VENRES</b>	<b>8</b>	Luras (4) c/ ensalada e patacas cocidas. Flan (5)
<b>LUNS</b>	<b>11</b>	Día non lectivo
<b>MARTES</b>	<b>12</b>	Día non lectivo
<b>MÉRCORES</b>	<b>13</b>	Pisto– Espaguets c/ bonito (2,8) – Froita
<b>XOVES</b>	<b>14</b>	Champiñóns– Raxo de polo c/ patacas– Iogur (5)
<b>VENRES</b>	<b>15</b>	Choupa guisada (4) c/ patacas e chícharos. Froita
<b>LUNS</b>	<b>18</b>	Arroz tres delicias c/ ensalada mixta (6)- Froita
<b>MARTES</b>	<b>19</b>	Guiso de tenreira c/ patacas e verdura. Flan (5)
<b>MÉRCORES</b>	<b>20</b>	Tortilla paisana c/ ensalada mixta (6)- Froita
<b>XOVES</b>	<b>21</b>	Ensalada de pasta (8) – Pauciños de peixe (2) – Iogur (5)
<b>VENRES</b>	<b>22</b>	Empanada (8) - Potaxe de Garavanzos. Froita
<b>LUNS</b>	<b>25</b>	Chícharos c/ Xamón– Arroz a cubana (6) – Froita
<b>MARTES</b>	<b>26</b>	Peixe á galega (2) c/ brócoli- Iogur (5)
<b>MÉRCORES</b>	<b>27</b>	Crema Vexetal– Pizza (5,8) – Froita
<b>XOVES</b>	<b>28</b>	Lombo de porco asado c/ patacas fritidas e ensalada– Flan (5)
<b>VENRES</b>	<b>29</b>	Pavo estofado c/ verduras e pasta (8) – Froita

O MENÚ PODERÁ SUFRIR MODIFICACIÓNS EN CASO DE IMPREVISTOS



1. SOIA



2. PEIXE



3. MOSTAZA



4. MOLUSCOS



5. LÁCTEOS



6. OVOS



7. GRANS DE SÉSAMO



8. CONTÉN GLÚTEN



9. FROITOS DE CASCA



10. DIÓXIDO DE XOFRE E SULFITOS.



11. CRUSTÁCEOS



12. CACAHUETE



13. APIO



14. ALTRAMUCES



## SCHOOL CANTEEN MENU: OCTOBER 2021

<b>FRIDAY</b>	<b>1st</b>	Vegetable stew – Seafood <i>Paella</i> – Yogurt
<b>MONDAY</b>	<b>4th</b>	Vegetal cream – Bolognese Macaroni– Fruit
<b>TUESDAY</b>	<b>5th</b>	Lentils with vegetables - Cheese with quince jelly.
<b>WEDNESDAY</b>	<b>6th</b>	Beans with garlic sauce and potatoes – Grilled fish – Yogurt
<b>THURSDAY</b>	<b>7th</b>	Olivier salad – Roasted ham with mushrooms – Fruit
<b>FRIDAY</b>	<b>8th</b>	Squids with salad and boiled potatoes - Flan
<b>MONDAY</b>	<b>11th</b>	NOT SCHOOL DAY
<b>TUESDAY</b>	<b>12th</b>	NOY SCHOOL DAY
<b>WEDNESDAY</b>	<b>13th</b>	Ratatouille – Spaguetti with tuna – Fruit
<b>THURSDAY</b>	<b>14th</b>	Mushrooms – Chicken <i>raxo</i> with potatoes – Yogurt
<b>FRIDAY</b>	<b>15th</b>	Cuttlefish stew with potatoes and peas - Fruit
<b>MONDAY</b>	<b>18th</b>	<i>Arroz tres delicias</i> with mixed salad - Fruit
<b>TUESDAY</b>	<b>19th</b>	Beef meat stew with potatoes and vegetable - Flan
<b>WEDNESDAY</b>	<b>20th</b>	Omelette with courgette and mixed salad - Fruit
<b>THURSDAY</b>	<b>21st</b>	Pasta salad – Fish fingers – Yogurt
<b>FRIDAY</b>	<b>22nd</b>	<i>Empanada</i> – Chickpea stew - Fruit
<b>MONDAY</b>	<b>25th</b>	Peas with ham– Cuban style rice– Fruit
<b>TUESDAY</b>	<b>26th</b>	Galician style fish with broccoli—Yogurt
<b>WEDNESDAY</b>	<b>27th</b>	Vegetal cream – Pizza– Fruit
<b>THURSDAY</b>	<b>28th</b>	Roasted pork with fried potatoes and salad – Flan
<b>FRIDAY</b>	<b>29th</b>	Turkey stew with vegetables and pasta - Fruit

