

MENÚ PARA O MES DE NOVEMBRO 2021

LUNS	1	DÍA FESTIVO
MARTES	2	Fideua Mariñeira c/ verduras- Lácteo
MÉRCORES	3	Caldeirada de bacalao c/ coliflor- Froita
XOVES	4	Caldo de nabizas- Croquetas e Mini San Xacobos- Lácteo
VENRES	5	Ensalada mixta- Lasaña mixta- Froita
LUNS	8	Pisto- Espaguetes c/ bonito- Froita
MARTES	9	Costela ao forno c/patacas e ensalada. Lácteo
MÉRCORES	10	Guiso de choupa c/ patacas e chícharos- Froita
XOVES	11	Caldo de repolo- Dediños de polo e Empanadiñas- Lácteo
VENRES	12	Fabada- Empanada- Froita
LUNS	15	Ensalada capresse- Paella de polo- Froita
MARTES	16	Espinacas salteadas- Ovos fritidos c/arroz e tomate- Lácteo
MÉRCORES	17	Ensalada de pasta- Luras- Froita
XOVES	18	Sopa Xuliana- Peixe ao forno c/patacas- Lácteo
VENRES	19	Hamburguesa c/ patacas cocidas e brécol- Froita
LUNS	22	Xamonciños de polo c/ menestra e arroz pilaf- Froita
MARTES	23	Tortilla española c/ ensalada completa- Lácteo
MÉRCORES	24	Xudías c/ allada- Sardiñas c/ patacas- Froita
XOVES	25	Lentellas á rioxana- Queixo c/ marmelo
VENRES	26	Crema de verduras- Pizza- Froita
LUNS	29	Sopa- Ovos c/ xudías e patacas- Froita
MARTES	30	Pavo estofado c/ champiñóns e arroz- Lácteo

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

ALÉRXENOS ESTABLECIDOS NO REGLAMENTO 1169/2011



8. CONTÉN GLÚTEN



9. FRITOS
DE CASCA



10. DIÓXIDO DE
XOFRE E SULFITOS.



11. CRUSTÁCEOS



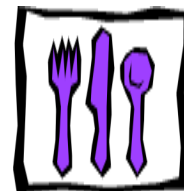
12. CACAHUETE



13. APIO



14. ALTRAMUCES



SCHOOL CANTEEN MENU: NOVEMBER 2021

MONDAY	1st	NOT SCHOOL DAY
TUESDAY	2nd	Seafood <i>fideua</i> with vegetables - Dairy product
WEDNESDAY	3rd	Cod stew with cauliflower – Fruit
THURSDAY	4th	Turnip Green broth – Croquettes and Mini <i>San Xacobos</i> – Dairy product
FRIDAY	5th	Mixed salad – Mixed lasagne – Fruit
MONDAY	8th	Ratatouille – Spaguetti with tuna – Fruit
TUESDAY	9th	Roasted ribs with potatoes and salad - Dairy product
WEDNESDAY	10th	Cuttlefish stew with potatoes and peas – Fruit
THURSDAY	11th	Cabbage broth– Chicken fingers and <i>empanadiñas</i> – Dairy product
FRIDAY	12th	<i>Fabada</i> – <i>Empanada</i> – Fruit
MONDAY	15th	Caprese salad – Chicken <i>paella</i> – Fruit
TUESDAY	16th	Spinach sauté – Fried eggs with rice and tomato – Dairy product
WEDNESDAY	17th	Pasta salad – Coated squids – Fruit
THURSDAY	18th	Vegetable soup – Baked fish with potatoes – Dairy product
FRIDAY	19th	Hamburger with boiled potatoes and broccoli - Fruit
MONDAY	22nd	Chicken thighs with vegetable stew and rice pilaf – Fruit
TUESDAY	23rd	Spanish omelette with full salad – Dairy product
WEDNESDAY	24th	Beans with garlic sauce – Sardines with potatoes – Fruit
THURSDAY	25th	<i>Rioxana</i> style lentils – Cheese with jelly quince
FRIDAY	26th	Vegetable cream – Pizza – Fruit
MONDAY	29th	Soup – Eggs with beans and potatoes – Fruit
TUESDAY	30th	Turkey stew with mushrooms and rice – Dairy product



Día Universal da Infancia

