

MENÚ PARA O MES DE OUTUBRO 2022

LUNS	3	Sopa de fideos -Mini San Xacobos e croquetas (5,6,8) c/ ensalada -Froita
MARTES	4	Crema de verduras -Tortilla c/ensalada de tomate (6) -Lácteo (5)
MÉRCORES	5	Champiñóns c/allada -Bacallau á galega c/ patacas -Froita
XOVES	6	Empanada -Macarróns boloñesa (8) -Lácteo (5)
VENRES	7	Ensalada completa -Musliños de polo c/patacas -Froita
LUNS	10	Chícharos c/xamón -Arroz á cubana (6) -Froita
MARTES	11	Ensalada completa -Raxo c/patacas -Lácteo (5)
MÉRCORES	12	DÍA NON LECTIVO
XOVES	13	Sopa de fideos -Luras á romana c/ ensalada -Lácteo (5)
VENRES	14	Crema de verduras -Pizza -Froita
LUNS	17	Lentellas c/verduras -Nuggets de polo -Froita
MARTES	18	Pisto -Espaguetes c/ atún (2,8) -Lácteo (5)
MÉRCORES	19	Ensalada completa -Peixe fresco c/ patacas -Froita
XOVES	20	Minestra -Xamón asado c/patacas -Lácteo
VENRES	21	Brócoli -Arroz tres delicias (6) -Froita
LUNS	24	Sopa de fideos -Hamburguesa c/ensalada -Froita
MARTES	25	Feixóns refogados -Fideuá de polo (8) -Lácteo (5)
MÉRCORES	26	Ensaladilla rusa (6) -Luras á romana c/ ensalada -Froita
XOVES	27	Ensalada completa -Ovos c/ patacas fritidas -Lácteo (5)
VENRES	28	Crema de verduras -Costela asada c/ patacas -Froita
LUNS	31	DÍA NON LECTIVO

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



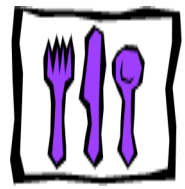
12. CACAHUETE



13. APIO



14. ALTRAMUCES



SCHOOL CANTEEN MENU: OCTOBER

MONDAY	3rd	Noodle soup -Mini <i>San Xacobos</i> and croquettes with salad -Fruit
TUESDAY	4th	Vegetable cream –Omelette with tomato salad - Dairy product
WEDNESDAY	5th	Mushrooms with garlic sauce—Galician style cod with potatoes -Fruit
THURSDAY	6th	<i>Empanada</i> —Bolognese Macaroni - Dairy product
FRIDAY	7th	Full salad - Chicken thighs with potatoes - Fruit
MONDAY	10th	Peas with ham - Cuban style rice -Fruit
TUESDAY	11th	Full salad - <i>Raxo</i> with potatoes - Dairy product
WEDNESDAY	12th	NOT SCHOOL DAY
THURSDAY	13th	Noodle soup—Coated squids with salad - Dairy product
FRIDAY	14th	Vegetable cream -Pizza -Fruit
MONDAY	17th	Lentils with vegetables - Chicken nuggets - Fruit
TUESDAY	18th	Ratatouille - Spaguetti with tuna - Dairy product
WEDNESDAY	19th	Full salad - Fresh fish with potatoes -Fruit
THURSDAY	20th	Vegetable stew - Baked ham with potatoes - Dairy product
FRIDAY	21st	Broccoli - <i>Arroz tres delicias</i> -Fruit
MONDAY	24th	Noodle soup -Hamburger with salad -Fruit
TUESDAY	25th	Bean sauté –Chicken <i>fideuá</i> - Dairy product
WEDNESDAY	26th	Olivier salad - Coated squids with salad -Fruit
THURSDAY	27th	Full salad—Eggs with fried potatoes - Dairy product
FRIDAY	28th	Vegetable cream - Baked ribs with potatoes -Fruit
MONDAY	31st	NOT SCHOOL DAY