

MENÚ PARA O MES DE XANEIRO 2023

LUNS	9	Crema de verduras, espaguete c/atún e tomate, froita.
MARTES	10	Lentellas, san xacobos e croquetas c/ensalada, iogur
MÉRCORES	11	Coliflor á galega, bacallau ao forno c/patacas, froita
XOVES	12	Minestra refogada, albóndigas c/arroz, iogur
VENRES	13	Sopa de fideos, tortilla de patacas c/ensalada, froita
LUNS	16	Empanada de atún, feixóns c/ovos e patacas, froita
MARTES	17	Caldo galego, zanquiños de polo c/ensalada, iogur
MÉRCORES	18	Crema de verduras, luras á romana c/ensalada, froita
XOVES	19	Chícharos c/xamón, ovos á cubana, iogur
VENRES	20	Ensalada completa, costela asada c/patacas, froita
LUNS	23	Feixóns refogados, lasagna de carne, froita
MARTES	24	Potaxe de garavanzos, arroz c/polo, iogur
MÉRCORES	25	Sopa de estrelañas, merluza á romana c/ensalada, froita
XOVES	26	Lentellas, tortilla de patacas c/ensalada, iogur
VENRES	27	Crema de verduras, pizza, froita
LUNS	30	Ensalada completa, macarróns c/atún e tomate, froita
MARTES	31	Brócoli, hamburguesa c/puré de pataca, iogur

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. FROITOS
DE CASCA



10. DIÓXIDO DE
XOFRE E SULFITOS.



11. CRUSTÁCEOS



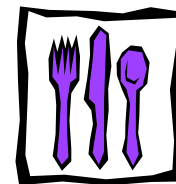
12. CACAHUETE



13. APIO



14. ALTRAMUCES



SCHOOL CANTEEN MENU: JANUARY 2023

<i>MONDAY</i>	9th	Vegetable cream, Spaguetti with tuna and tomato, Fruit
<i>TUESDAY</i>	10th	Lentils, <i>San Xacobos</i> and croquettes with salad, Yo- gurt
<i>WEDNESDAY</i>	11th	Galician style cauliflower, Baked cod with potatoes, Fruit
<i>THURSDAY</i>	12th	Vegetable stew, Meatballs with rice, Yogurt
<i>FRIDAY</i>	13th	Noddle soup, Potato omelette and salad, Fruit
<i>MONDAY</i>	16th	Tuna <i>empanada</i> , Beans with eggs and potatoes, Fruit
<i>TUESDAY</i>	17th	Galician broth, chicken thighs with salad, Yogurt
<i>WEDNESDAY</i>	18th	Vegetable cream, Coated squids with salad, Fruit
<i>THURSDAY</i>	19th	Peas with ham, Cuban style eggs, Yogurt
<i>FRIDAY</i>	20th	Full salad, Roasted ribs with potatoes, Fruit
<i>MONDAY</i>	23rd	Bean sauté, Meat lasagne, Fruit
<i>TUESDAY</i>	24th	Chickpea stew, Rice with chicken, Yogurt
<i>WEDNESDAY</i>	25th	Stars soup, Coated hake with salad, Fruit
<i>THURSDAY</i>	26th	Lentils, Potato omelette with salad, Yogurt
<i>FRIDAY</i>	27th	Vegetable cream, Pizza, Fruit
<i>MONDAY</i>	30th	Full salad, Macaroni with tuna and tomato, Fruit
<i>TUESDAY</i>	31st	Broccoli, Hamburger with mashed potato, Yogurt