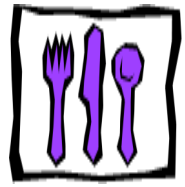


## MENÚ PARA O MES DE MAIO 2023

LUNS	1	NON LECTIVO
MARTES	2	Brócoli, espaguetes c/atún, iogur
MÉRCORES	3	Sopa de fideos, luras á romana c/ensalada, froita
XOVES	4	Ensalada completa, raxo c/patacas fritidas, iogur
VENRES	5	Crema de verduras, pizza, froita
LUNS	8	Lentellas, croquetas e san xacobos c/ensalada, froita
MARTES	9	Minestra de verduras, guiso de tenreira, iogur
MÉRCORES	10	Empanada de xamón e queixo, merluza á romana c/ensalada, froita
XOVES	11	Feixóns refogados, fideuá de polo, iogur
VENRES	12	Sopa de estreliñas, tortilla c/ensalada, iogur
LUNS	15	Ensalada completa, arroz tres delicias, froita
MARTES	16	GRAN CHURRASCADA E POSTRE ESPECIAL
MÉRCORES	17	NON LECTIVO
XOVES	18	Sopa de fideos, cazón c/ensalada, iogur
VENRES	19	Minestra de verduras, zancos de polo c/patacas, froita
LUNS	22	Brócoli, macarróns boloñesa, froita
MARTES	23	Ensalada completa, xamón asado c/patacas, iogur
MÉRCORES	24	Sopa de estreliñas, luras á romana c/ensalada, froita
XOVES	25	Chícharos c/xamón, arroz á cubana, iogur
VENRES	26	Coliflor á galega, hamburguesa c/puré de pataca, froita
LUNS	29	Feixóns refogados, espaguetes c/atún, froita
MARTES	30	Champiñóns c/allada, bacallau ao forno c/patacas, iogur
MÉRCORES	31	Ensalada rusa, Nuggets de polo c/ensalada, froita

O MENÚ PODERÁ SUFRIR MODIFICACIÓNS EN CASO DE IMPREVISTOS





## SCHOOL CANTEEN MENU: MAY 2023

MONDAY	1st	NOT SCHOOL DAY
TUESDAY	2nd	Broccoli, spaghetti with tuna, yogurt
WEDNESDAY	3rd	Noodles soup, coated squids with salad, fruit
THURSDAY	4th	Full salad, <i>raxo</i> with fried potatoes, yogurt
FRIDAY	5th	Vegetable cream, pizza, fruit
MONDAY	8th	Lentils, croquettes and <i>san xacobos</i> with salad, fruit
TUESDAY	9th	Vegetable stew, beef stew, yogurt
WEDNESDAY	10th	Han and cheese <i>empanada</i> , coated hake with salad, fruit
THURSDAY	11th	Bean sauté, chicken <i>fideuá</i> , yogurt
FRIDAY	12th	Star soup, omelette with salad, yogurt
MONDAY	15th	Full salad, <i>arroz tres delicias</i> , fruit
TUESDAY	16th	GREAT CHURRASCADA AND SPECIAL DESSERT
WEDNESDAY	17th	NOT SCHOOL DAY
THURSDAY	18th	Noodle soup, dogfish with salad, yogurt
FRIDAY	19th	Vegetable stew, chicken thighs with potatoes, fruit
MONDAY	22nd	Broccoli, Bolognese macaroni, fruit
TUESDAY	23rd	Full salad, roasted ham with potatoes, yogurt
WEDNESDAY	24th	Star soup, coated squids with salad, fruit
THURSDAY	25th	Peas with ham, Cuban style rice, yogurt
FRIDAY	26th	Galician style cauliflower, hamburger with mashed potato, fruit
MONDAY	29th	Bean sauté, spaghetti with, fruit
TUESDAY	30th	Mushrooms with garlic sauce, baked cod with potatoes, yogurt
WEDNESDAY	31st	Russian salad, chicken nuggets with salad, fruit