



## MENÚ PARA O MES DE XUÑO

<b>XOVES</b>	<b>1</b>	Empanada, arroz primavera, iogur
<b>VENRES</b>	<b>2</b>	Ensalada completa, costela asada c/patacas, froita
<b>LUNS</b>	<b>5</b>	Brócoli, macarróns boloñesa, froita
<b>MARTES</b>	<b>6</b>	Ensalada completa, fideuá de polo, iogur
<b>MÉRCORES</b>	<b>7</b>	Ensalada rusa, cazón c/ensalada, froita
<b>XOVES</b>	<b>8</b>	Chícharos c/xamón, tortilla de patacas c/ensalada, iogur
<b>VENRES</b>	<b>9</b>	Minestra de verduras, pizza, froita
<b>LUNS</b>	<b>12</b>	Coliflor c/allada, espaguetes c/atún, froita
<b>MARTES</b>	<b>13</b>	Ensalada completa, zancos de polo c/patacas, iogur
<b>MÉRCORES</b>	<b>14</b>	Brócoli, arroz tres delicias, froita
<b>XOVES</b>	<b>15</b>	Ensalada rusa, luras á romana c/ensalada, iogur
<b>VENRES</b>	<b>16</b>	Ensalada completa, xamón asado c/patacas, froita
<b>LUNS</b>	<b>19</b>	Champiñóns, san xacobos, croquetas e nuggets c/ensalada, froita
<b>MARTES</b>	<b>20</b>	Empanada, pescada á romana c/ensalada, iogur
<b>MÉRCORES</b>	<b>21</b>	Minestra de verduras, lasaña de carne, postre especial

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: JUNE 2023

<b>THURSDAY</b>	<b>1st</b>	<i>Empanada</i> , spring rice, yogurt
<b>FRIDAY</b>	<b>2nd</b>	Full salad, baked ribs with potatoes, fruit
<b>MONDAY</b>	<b>5th</b>	Broccoli, Bolognese macaroni, fruit
<b>TUESDAY</b>	<b>6th</b>	Full salad, chicken <i>fideuá</i> , yogurt
<b>WEDNESDAY</b>	<b>7th</b>	Russian salad, dogfish with salad, fruit
<b>THURSDAY</b>	<b>8th</b>	Peas with ham, potato omelette with salad, yogurt
<b>FRIDAY</b>	<b>9th</b>	Vegetable stew, pizza, fruit
<b>MONDAY</b>	<b>12th</b>	Cauliflower with garlic sauce, tuna spaghetti, fruit
<b>TUESDAY</b>	<b>13th</b>	Full salad, chicken thighs with potatoes, yogurt
<b>WEDNESDAY</b>	<b>14th</b>	Broccoli, <i>arroz tres delicias</i> , fruit
<b>THURSDAY</b>	<b>15th</b>	Russian salad, coated squids with salad, yogurt
<b>FRIDAY</b>	<b>16th</b>	Full salad, roasted ham with potatoes, fruit
<b>MONDAY</b>	<b>19th</b>	Mushrooms, <i>san xacobos</i> , croquettes and nuggets with salad, fruit
<b>TUESDAY</b>	<b>20th</b>	<i>Empanada</i> , coated hake with salad, yogurt
<b>WEDNESDAY</b>	<b>21st</b>	Vegetable stew, lasagne with meat, special dessert