



# MENÚ OUTUBRO

## LUNS

## MARTES

## MÉRCORES

## XOVES

## VENRES

2

Chícharos con xamón  
Ovos á cubana  
Froita



3

Crema  
Lasaña boloñesa  
Froita



4

Ensalada de garavanzos  
Peixe con pasta e verduras  
Froita



5

Crema de tempada  
Tiras de polo rebozadas con  
pataca cocida  
Froita



6

Ensalada mixta  
Filete de pescada a mariñeira con  
patacas  
logur



9

Ensalada de tempada  
Espagete boloñesa  
Froita



10

Empanada de atún  
Fabada vexetal  
Froita



11

Crema de tempada  
Paella de peixe  
Froita



12

Non lectivo

13

Non lectivo

16

Crema  
Pizza de xamón e queixo  
Froita



17

Champiñóns ó allio  
Peixe en salsa con patacas  
Froita



18

Crema de cenoria  
Hamburguesa con arroz  
Froita



19

Ensalada de tempada  
Tortilla de pataca  
logur



20

Ensalada rusa  
Peixe á prancha con verduras ao  
forno  
Froita



23

Lentellas vexetais  
Sardinillas con pataca cocida e  
tomate  
Froita



24

Ensalada de tempada  
Tortilla de pataca  
Froita



25

Ensalada mixta  
Xamonciños de polo con patacas  
fritidas  
Froita

26

Sopa de fideos  
Luras en anilla con ensalada  
logur



27

Ensalada mixta  
Lacón asado con salsa de verduras  
e puré de pataca  
Froita



30

Crema de tempada  
Arroz con pavo e verduras  
Froita



31

Crema de cabaza  
Pastelón de xamón e queixo  
Sobremesa



JACOBO  
FERNANDEZ  
CURRAS

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por JACOBO FERNANDEZ  
CURRAS -----  
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# OCTOBER MENU

## MONDAY

2

Peas with ham  
Cuban style eggs  
Fruit



9

Seasonal salad  
Bolognese spaghetti  
Fruit



16

Cream  
Ham and cheese pizza  
Fruit



23

Vegetal lentils  
Small sardines with boiled potato  
and tomato  
Fruit



30

Seasonal cream  
Rice with turkey and vegetables  
Fruit



## TUESDAY

3

Cream  
Bolognese lasagne  
Fruit



10

Tuna *empanada*  
Vegetal chickpea stew  
Fruit



17

Mushrooms with garlic sauce  
Fish in sauce with potatoes  
Fruit



24

Seasonal salad  
Potato omelette  
Fruit



31

Pumpkin cream  
Ham and cheese cake  
Dessert



## WEDNESDAY

4

Chickpea salad  
Fish with pasta and vegetables  
Fruit



11

Seasonal cream  
Fish *paella*  
Fruit



18

Carrot cream  
Hamburger with rice  
Fruit



25

Mixed salad  
Chicken thighs with fried potatoes  
Fruit



## THURSDAY

5

Seasonal cream  
Coated chicken fingers with boiled  
potatoes  
Fruit



12

Not-school day

19

Seasonal salad  
Potato omelette  
Yogurt



26

Noodle soup  
Ring squids with salad  
Yogurt



## FRIDAY

6

Mixed salad  
Hake fillet marinière with potatoes  
Yogurt



13

Not-school day

20

Russian salad  
Grilled fish with baked vegetables  
Fruit



27

Mixed salad  
Roasted pork shoulder with  
vegetable sauce and mashed potato  
Fruit

