

Menu January 2023

(Primary & Secondary Education)

Monday 9th Letter soup Hake supremes Mezclum salad Dairy dessert or fruit. Bread and water.	Tuesday 10th Lentil stew Burgos style Spanish omelette Lettuce and corn salad Fruit. Bread and water.	Wednesday 11th Stir-fried green beans Paella Mixed salad Fruit. Bread and water	Thursday 12th Pumpkin cream soup Chicken au lemon Potatoes Boulangère Fruit. Bread and water	Friday 13th Macaroni & tomato sauce Hake in sauce Lettuce and onion salad Yoghurt or fruit. Bread and water
Monday 16th Rice with tomato sauce Fish delights Diced vegetables Dairy dessert or fruit. Bread and water.	Tuesday 17th Vegetables cream soup Grilled chicken fillet Chips Fruit. Bread and water.	Wednesday 18th Chickpea stew Tuna omelette Baby carrots Fruit. Bread and water	Thursday 19th French peas Elbow pasta with chicken Chef salad Fruit. Bread and water	Friday 20th Star soup Chicken scallop Lettuce and corn salad Yoghurt or fruit. Bread and water
Monday 23rd Stir-fried vegetables Fideua Lettuce and tomato salad Dairy dessert or fruit. Bread and water.	Tuesday 24th FESTIVITY OF OUR LADY OF PEACE	Wednesday 25th Leek cream soup French omelette Chips Fruit. Bread and water	Thursday 26th Rice with vegetables Hake Rioja style Vegetables Fruit. Bread and water	Friday 27th Cocido soup Complete cocido Yoghurt or fruit. Bread and water
Monday 30th Spaghetti with tuna Chicken fillet Lettuce and corn salad Dairy dessert or fruit. Bread and water.	Tuesday 31st Dubarry cream soup Rice with chicken Lettuce and tomato salad Fruit. Bread and water.			



SNACKS: Monday: Salchichon sandwich. **Tuesday:** Cheese sandwich. **Wednesday:** Chorizo sandwich. **Thursday:** York ham sandwich. **Friday:** Biscuits.