

Menu March 2023

(Primary & Secondary Education)

		Wednesday 1st Madrilenian lentil stew Grilled burger Lettuce and tomato salad Fruit. Bread and water	Thursday 2nd Courgette cream soup Chicken Chilindrón Diced potatoes Fruit. Bread and water	Friday 3rd Noodle soup Hake medallions Mixed salad Yoghurt Bread and water
		Monday 6th Stir-fried green beans Spiral pasta Bolognese Lettuce and corn salad Fruit. Bread and water.	Tuesday 7th Potato stew Andalusian hake Diced vegetables Yoghurt Bread and water.	Wednesday 8th Cocido soup Complete cocido Fruit. Bread and water
Monday 13th Lentil stew Grilled pout-fish Rice Pilaf Fruit. Bread and water.	Tuesday 14th Chard and carrot cream soup Roast chicken Diced potatoes Yoghurt Bread and water.	Wednesday 15th Rice three delights Grilled pork loin Lettuce and carrot salad Fruit. Bread and water	Thursday 16th Butter bean stew Potato omelette Green salad Fruit. Bread and water	Friday 17th Spaghetti Pomodoro Basque hake Sautéed vegetables Yoghurt Bread and water
Monday 20th 	Tuesday 21st Pumpkin cream soup Salisbury steak Chips Yoghurt Bread and water.	Wednesday 22nd Macaroni Amatriciana Hake Biscayne Diced vegetables Fruit. Bread and water	Thursday 23rd Sautéed peas Rice and chicken curry Lettuce and tomato salad Fruit. Bread and water	Friday 24th Pinto bean and rice stew Courgette omelette Lettuce and corn salad Yoghurt Bread and water
Monday 27th Carrot cream soup Meatball stew Diced potatoes Fruit. Bread and water.	Tuesday 28th Elbow pasta Bolognese Ham omelette Lettuce and onion salad Yoghurt Bread and water.	Wednesday 29th Potato stew Chicken scallop Lettuce and carrot salad Fruit Bread and water.	Thursday 30th Cocido soup Complete cocido Fruit. Bread and water	

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