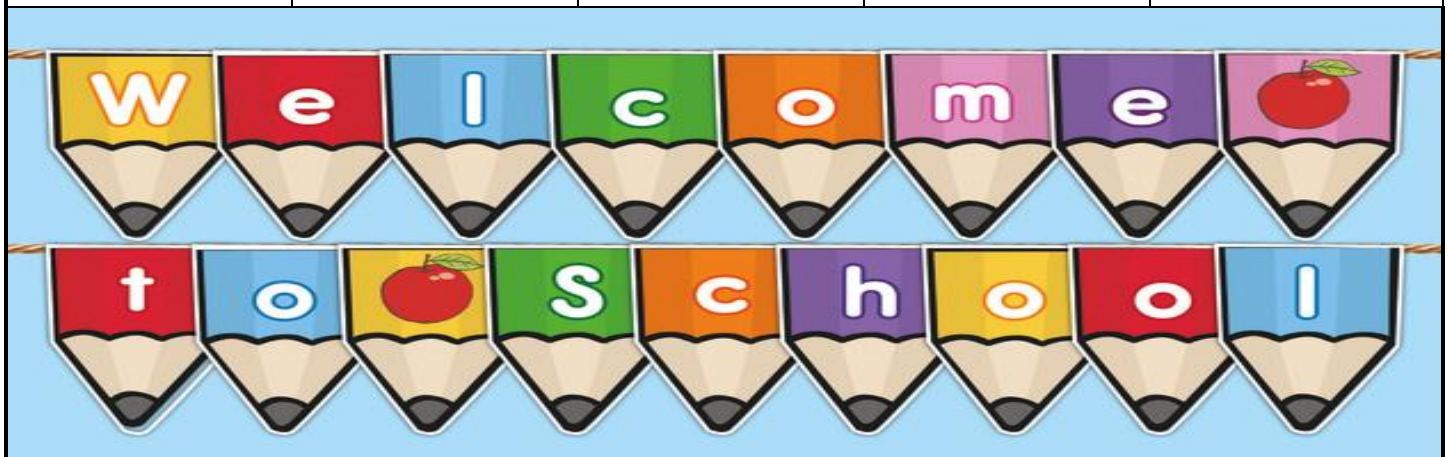


# Menu September 2023

(Primary & Secondary Education)

	<b>Tuesday 5<sup>th</sup></b> Rain soup  Chicken drumsticks au garlic Baby carrots  Fruit. Bread and water.	<b>Wednesday 6<sup>th</sup></b> Rice with vegetables  Grilled pork loin Lettuce salad  Fruit. Bread and water	<b>Thursday 7<sup>th</sup></b> Chickpea stew  Ham omelette Diced vegetables  Fruit. Bread and water	<b>Friday 8<sup>th</sup></b> Vegetables cream soup  Hake Beurre Blanc Rice Pilaf  Yoghurt or fruit. Bread and water
<b>Monday 11<sup>th</sup></b>  Madrilianian lentil soup  Scallops au lemon Diced vegetables  Dairy dessert or fruit. Bread and water.	<b>Tuesday 12<sup>th</sup></b>  Spiral pasta Carbonara  Cod Orly (battered) Lettuce and corn salad  Fruit. Bread and water.	<b>Wednesday 13<sup>th</sup></b>  Courgette cream soup  Scrambled eggs with tuna Potatoes Boulangère  Fruit. Bread and water	<b>Thursday 14<sup>th</sup></b>  Star soup  Meatball stew Stir-fried vegetables  Fruit. Bread and water	<b>Friday 15<sup>th</sup></b>  Paella  Hake Rioja style Diced carrots  Yoghurt or fruit. Bread and water
<b>Monday 18<sup>th</sup></b>  Macaroni with tuna  Grilled scallops Sautéed peas  Dairy dessert or fruit. Bread and water.	<b>Tuesday 19<sup>th</sup></b>  Green beans with bacon  Roast chicken Diced vegetables  Fruit. Bread and water.	<b>Wednesday 20<sup>th</sup></b>  Cocido soup  Cocido  Fruit. Bread and water	<b>Thursday 21<sup>st</sup></b>  Baked rice  Hake sticks Lettuce and onion salad  Fruit. Bread and water	<b>Friday 22<sup>nd</sup></b>  Vegetable cream soup  York ham omelette Diced potatoes  Yoghurt or fruit. Bread and water
<b>Monday 25<sup>th</sup></b>  Rice three delights  Salisbury steak Lettuce and corn salad  Dairy dessert or fruit. Bread and water.	<b>Tuesday 26<sup>th</sup></b>  Pumpkin cream soup  Macaroni Bolognese Lettuce and corn salad  Fruit. Bread and water.	<b>Wednesday 27<sup>th</sup></b>  Butter bean soup  Andalusian hake Lettuce and tomato salad  Fruit. Bread and water	<b>Thursday 28<sup>th</sup></b>  Stir-fried vegetables  Vegetables omelette Lettuce and onion salad  Fruit. Bread and water	<b>Friday 29<sup>th</sup></b>  Noodle soup  Chicken scallop Lettuce and tomato salad  Yoghurt or fruit. Bread and water



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