

# SCHOOL LUNCH MENU – FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Broccoli and boiled egg Loin and potatoes Seasonal fruit	2 Carrot cream Noodles with chicken Yoghurt	3 Lentils Pizza Seasonal fruit	4 Noodle soup Octopus and potatoes Cheese and quince	5 Leek and pumpkin cream Meat lasagne Seasonal fruit
8 Vegetable cream Loin and tomatoe Baked chicken and fried potatoes Seasonal fruit	9 Lentils Breaded pork and mixed salad Yoghurt	10 Carrot and pumpkin Cream Breaded cod, rice and tomato sauce Seasonal fruit	11 Galician broth Macarroni and tuna Peach in syrup	12 Noodle soup Stew made with potatoes, vegetables, chickpeas, "chourizo" and pork cutlet Postre de entroido
15  BANK HOLIDAY	16  BANK HOLIDAY	17  BANK HOLIDAY	18 Carrot and pumpkin cream Macarroni and tuna Seasonal fruit	19 Beans stew Stewed meat and vegetables Custard
22 Carrot cream "Richada" meat, potatoes and pepper Seasonal fruit	23 Lentils Breaded pork and mixed salad Yoghurt	24 Chickpeas stew Baked cod and potatoes Seasonal fruit	25 Noodle soup Meatballs and rice Seasonal fruit	26 Mixed salad and croquettes Stewed squid CAKE

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TONGUE-TWISTER: She sells seashells by the seashore.

# COMEDOR MENÚ – FEBREIRO 2021

LUNS	MARTES	MÉRCORES	XOVES	VENRES
1 Brócoli en allada con ovo cocido Raxo con patacas Froita de tempada	2 Crema de cenoria Fideuá de polo logur	3 Lentellas Pizza Froita de tempada	4 Sopa de fideos Polbo con patacas Queixo con marmelo	5 Crema de cabaciño e allo porro Lasaña con carne Froita de tempada
8 Crema de verduras Polo ao forno con patacas fritidas Froita de tempada	9 Lentellas Milanesa de porco con ensalada de leituga, tomate e cenoria logur	10 Crema de cabaciño, cenoria e allo porro Merluza rebozada con arroz e salsa de tomate Froita de tempada	11 Caldo galego Macarróns con atún Melocotón en xarope	12 Sopa de fideos Cocido: patacas, garavanzos, chourizo e costela Postre de entroido
15  NON LECTIVO	16  NON LECTIVO	17  NON LECTIVO	18 Crema de cabaza e cenoria Macarróns con atún Froita de tempada	19 Fabada Guiso de tenreira con verduras Flan
22 Crema de cenoria Richada con patacas fritidas e pementos Froita de tempada	23 Lentellas Milanesa de porco con ensalada de leituga, tomate e cebola logur	24 Potaxe de garavanzos Bacallao ao forno con patacas Froita de tempada	25 Sopa de fideos Albóndegas con arroz Froita de tempada	26 Croquetas con leituga, cenoria e olivas Guiso de luras TARTA

REFRÁN: O día de San Brais ten dúas horas máis.