





SCHOOL LUNCH MENU

DECEMBER 2020





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Vegetable stew Baked chicken and potatoes Yoghurt	2 Chickpeas stew Spaghetti bolognese Seasonal fruit	3 Noodle soup Stewed meat with vegetables Chocolate mousse	4 Broccoli and boiled egg Fish and potatoes Seasonal fruit
7 BANK HOLIDAY	8 BANK HOLIDAY	9 Carrot and pumpkin cream Breaded fish, rice and tomato sauce Seasonal fruit	10 Mixed salad and croquettes "Richada" meat, potatoes and fried peppers Yoghurt	11 Lentils Ham and cheese omelette with mixed salad Seasonal fruit
14 Peas and ham Macarroni and tuna Seasonal fruit	15 Stew made with potatoes, vegetables, chickpeas, "chourizo" and pork cutlet Cheese and quince	16 Galician broth Meat lasagne Seasonal fruit	17 Carrot and pumpkin cream Chicken breast, rice and tomato sauce Yoghurt	18 Chickpeas stew Noodles with mussels and clams CAKE
21 Lentils Pizza Seasonal fruit	22 Carrot cream Baked salmon and potatoes CHRISTMAS DESSERT			

SAYING: When cool winds came, all around December of memories came.

HAPPY DECEMBER!!

MENÚ ESCOLAR

DECEMBRO 2020

LUNS	MARTES	MÉRCORES	XOVES	VENRES
	1 Minestra de verduras Polo ao forno con patacas Iogur	2 Potaxe de garavanzos Espaguetes boloñesa Froita de tempada	3 Sopa de fideos Guiso de tenreira con verduriñas Mousse de chocolate	4 Brócoli con ovo cocido en allada Peixe con patacas Froita de tempada
7 NON LECTIVO	8 NON LECTIVO	9 Crema de cabaciño e allo porro Lirios rebozados con arroz branco e salsa de tomate Froita de tempada	10 Croquetas, leituga, tomate, cenoria e olivas Richada con patacas e pementos fritos Iogur	11 Lentellas Tortilla de xamón e queixo con ensalada de tomate, atún e cebola Froita de tempada
14 Chícharos con xamón Macarróns con atún Froita de tempada	15 Cocido: pataca, verdura, garavanzos, chourizo e costela Queixo con marmelo	16 Caldo galego Lasaña de carne Froita de tempada	17 Crema de cabaza e cenoria Peituga de polo con arroz e salsa de tomate Iogur	18 Fabada Fideos con mexillóns e ameixas TARTA
21 Lentellas Pizza Froita de tempada	22 Crema de cenoria Salmón ao forno con patacas POSTRE DE NADAL			

REFRÁN: Nadal chuvioso, xaneiro ventoso.