

MENÚ ESCOLAR

MARZO 2023

SCHOOL LUNCH MENU

MARCH 2023

LUNS	MARTES	MÉRCORES	XOVES	VENRES
		1 Crema de verduras Merluza á prancha con ensalada Froita de tempada	2 Lentellas Arroz tres delicias logur	3 Entremeses Guiso de luras Melocotón en xarope
6 Sardiñas con tomate Peitugas de polo á prancha con arroz Froita de tempada	7 Croquetas con ensalada Tortilla con patacas Petit Suisse	8 Crema de verduras Lirios rebozados con ensalada de leituga Froita de tempada	9 Lentellas Espaguetes con atún logur	10 Caldo galego Bacallao ao forno con patacas Froita de tempada
13 Chícharos con xamón Macarróns con atún Froita de tempada	14 Cocido: patacas, repolo, garavanzos, chourizo e costela Queixo con marmelo	15 Sopa de fideos Guiso de luras con arroz Froita de tempada	16 Revolto de espinacas Lasaña de carne logur	17 Menú especial Sant Patrick`s Day
20 Anillas de calamar con ensalada Macarróns á carbonara Froita de tempada	21 Empanadillas de atún Polo asado con arroz logur	22 Sopa de letras Lirios rebozados con ensalada Froita de tempada	23 Lentellas Churrasco con patacas fritidas Froita de tempada	24 Potaxe de garavanzos Caldeirada de rape Froita de tempada
27 Sopa de letras Lacón asado con patacas fritidas Froita de tempada	28 Caldo galego Arroz tres delicias logur	29 Crema de verduras Bacallao ao forno con patacas Froita de tempada	30 Lentellas Tortilla francesa con ensalada logur	31 Ensalada mixta Pizza Roscón de Pascua con chocolate

REFRÁN: Marzo, marceador, de noite chove e de día vai sol.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Vegetable cream Grilled hake with salad Fresh fruit	2 Lentils Three delights rice Yoghurt	3 Appetizers Stewed squid Syrup peach
6 Sardines and tomato Grilled chicken breast and rice Fresh fruit	7 Croquettes and salad Spanish omelette Petit Suisse	8 Vegetable cream Battered fish and salad Fresh fruit	9 Lentils Spaghetti with tuna Yoghurt	10 Galician broth Baked cod and potatoes Fresh fruit
13 Peas with ham Macaroni with tuna Fresh fruit	14 Stew made with potatoes, cabbage, "chourizo" and pork ribs Cheese and quince	15 Noodle soup Stewed squid with rice Fresh fruit	16 Spinach scrambled Meat lasagne Yoghurt	17 ST. PATRICK'S SPECIAL MENU
20 Crispy fried calamari and salad Macaroni Carbonara Fresh fruit	21 Tuna pie Baked chicken with rice Yoghurt	22 Alphabet soup Battered fish and salad Fresh fruit	23 Lentils Barbecue pork ribs with chips Fresh fruit	24 Stewed chickpeas Fish soup Fresh fruit
27 Alphabet soup Baked ham and chips Fresh fruit	28 Galician broth Three delights rice Yoghurt	29 Vegetable cream Baked cod and potatoes Fresh fruit	30 Lentils French omelette and salad Yoghurt	31 Mixed salad Pizza Easter bread ring with hot chocolate

JOKE: When does a leprechaun cross the road?