

CEIP CERDEIRIÑAS MENÚ

OUTUBRO

			XOVES 1 1. Minestra de verduras 2. Espaguetes boloñesa 3. Melocotón en xarope	VENRES 2 1. Sopa de fideos 2. Peixe con patacas 3. Froita de temporada
LUNS 5 1. Xudías con xamón 2. Filete de raxo á prancha con ensalada de tomate 3. Froita de temporada	MARTES 6 1. Crema de cabaza 2. Polo ao forno con patacas asadas 3. Iogur	MÉRCORES 7 1. Lentellas 2. Peixe con leituga 3. Froita de temporada	XOVES 8 1. Sardiñas con tomate 2. Milanesa con patacas fritidas 3. Froita de temporada	VENRES 9 1. Ensalada de pasta 2. Tortilla de xamón con ensalada de leituga 3. Queixo con marmelo
LUNS 12 NON LECTIVO	MARTES 13 1. Minestra de verduras 2. Macarróns con atún 3. Iogur	MÉRCORES 14 1. Crema de cenoria 2. Guiso de luras 3. Froita de temporada	XOVES 15 1. Empanada de atún 2. Filete de polo á prancha con arroz en branco 3. Froita de temporada	VENRES 16 1. Lentellas 2. Peixe con leituga 3. Piña en xarope
LUNS 19 1. Ensalada mixta 2. Espaguetes boloñesa 3. Froita de temporada	MARTES 20 1. Sopa de fideos 2. Xudías c/ ovos cocidos, patacas e chourizo. 3. Iogur	MÉRCORES 21 1. Ensalada de pasta 2. Peixe con leituga 3. Froita de temporada	XOVES 22 1. Xudías con xamón 2. Albóndegas con arroz 3. Natillas	VENRES 23 1. Potaxe de garavanzos 2. Peixe con tomate 3. Froita de temporada
LUNS 26 1. Crema de cenoria 2. Macarróns con atún 3. Froita de temporada	MARTES 27 1. Ensalada mixta 2. Fideua de polo 3. Iogur	MÉRCORES 28 1. Fabada 2. Peixe con leituga 3. Froita de tempada	XOVES 29 1. Chícharos con xamón 2. Lasaña 3. Froita de tempada	VENRES 30 1. Crema de verduras 2. Pizza 3. TARTA

REFRÁN: Outubro quente, inverno detente.

			<p>THURSDAY 1</p> <ol style="list-style-type: none"> 1. Vegetable stew 2. Spaghetti bolognese 3. Syrup peach 	<p>FRIDAY 2</p> <ol style="list-style-type: none"> 1. Noodle soup 2. Fish and potatoes 3. Seasonal fruit
<p>MONDAY 5</p> <ol style="list-style-type: none"> 1. Green bean and ham 2. Loin and tomatoe 3. Seasonal fruit 	<p>TUESDAY 6</p> <ol style="list-style-type: none"> 1. Pumpkin cream 2. Baked chicken and potatoes 3. Yoghurt 	<p>WEDNESDAY 7</p> <ol style="list-style-type: none"> 1. Lentils 2. Fish and salad 3. Seasonal fruit 	<p>THURSDAY 8</p> <ol style="list-style-type: none"> 1. Sardines and tomatoes 2. Breaded filet and chips 3. Seasonal fruit 	<p>FRIDAY 9</p> <ol style="list-style-type: none"> 1. Pasta salad 2. 2.Ham omelette and salad 3. Cheese and quince
<p>MONDAY 12</p> <p>BANK HOLIDAY</p>	<p>TUESDAY 13</p> <ol style="list-style-type: none"> 1. Vegetable stew 2. Macaroni with tuna 3. Yoghurt 	<p>WEDNESDAY 14</p> <ol style="list-style-type: none"> 1. Carrot cream 2. Stewed squid 3. Seasonal fruit 	<p>THURSDAY 15</p> <ol style="list-style-type: none"> 1. Tuna pie 2. Chicken breast and rice 3. Seasonal fruit 	<p>FRIDAY 16</p> <ol style="list-style-type: none"> 1. Lentils 2. Fish and salad 3. Syrup pineapple
<p>MONDAY 19</p> <ol style="list-style-type: none"> 1. Mixed salad 2. Spaghetti bolognese 3. Seasonal fruit 	<p>TUESDAY 20</p> <ol style="list-style-type: none"> 1. Noodle soup 2. Green beans/boiled eggs, potatoes and "chorizo" 3. Yoghurt 	<p>WEDNESDAY 21</p> <ol style="list-style-type: none"> 1. Pasta salad 2. Fish and salad 3. Seasonal fruit 	<p>THURSDAY 22</p> <ol style="list-style-type: none"> 1. Green beans and salad 2. Meatballs with rice 3. Custard 	<p>FRIDAY 23</p> <ol style="list-style-type: none"> 1. Chickpeas stew 2. Fish and tomatoe 3. Seasonal fruit
<p>MONDAY 26</p> <ol style="list-style-type: none"> 1. Carrot cream 2. Macaroni with tuna 3. Seasonal fruit 	<p>TUESDAY 27</p> <ol style="list-style-type: none"> 1. Mixed salad 2. Noodles with chicken 3. Yoghurt 	<p>WEDNESDAY 28</p> <ol style="list-style-type: none"> 1. Bean stew 2. Fish and salad 3. Seasonal fruit 	<p>THURSDAY 29</p> <ol style="list-style-type: none"> 1. Peas and ham 2. Lasagne 3. Seasonal fruit 	<p>FRIDAY 30</p> <ol style="list-style-type: none"> 1. Vegetable cream 2. Pizza 3. CAKE