



*Year 2021/2022*

**SCHOOL CANTEEN  
 LUNCH MENU FOR NOVEMBER**

	Week of 1st - 5th	Week of 8th - 12th	Week of 15th – 19th	Week of 22nd – 26th	Week of 29th – 3rd
Starter Main Dessert	Monday	Monday	Monday	Monday	Monday
	NO SCHOOL	Broccoli with garlic Beef steak with chips & vegetables Fruit	Lentils Cheese & mushrooms pizza Fruit	Soup Meat stew with potatoes & vegetables Fruit	Lentils Tuna pizza Fruit
Starter Main Dessert	Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
	French beans with garlic Round roast pork with rice and vegetables Yoghurt	Lentils Salmón with rice & vegetables Custard	Chickpea stew Fish & salad Yoghurt	Vegetable purée Noodles with small cuttlefish Cheese with quince jelly	“Caldo” traditional galician soup Meat stew with potatoes & vegetables Omelet with lettuce Yoghurt
Starter Main Dessert	Wednesday	Wednesday	Wednesday	Wednesday	Wednesday 1-12-2021
	Chickpea stew Fish & salad Fruit	Soup Marinated pork loin & salad Fruit	Pumpkin & carrot purée Meatballs with rice Fruit	Lentils Turkey ribs & salad Fruit	“Fabada” traditional Asturian dish made with broad beans. Rice with tuna & egg Fruit
Starter Main Dessert	Thursday	Thursday	Thursday	Thursday	Thursday 2-12-2021
	“Caldo” traditional galician soup Meat stew with potatoes & vegetables Macaroni with chicken Cheese with quince jelly	Galician - style french beans Noodles with small cuttlefish Yoghurt	“Caldo” traditional galician soup Meat stew with potatoes & vegetables Fish & salad Flan	Chickpea stew Monkfish with boiled potatoes and peas Yoghurt	Vegetable purée Diced pork, chips & vegetables Yoghurt
Starter Main Dessert	Friday	Friday	Friday	Friday	Friday 3-12-2021
	“Fabada” traditional Asturian dish made with broad beans. Fish & salad Fruit	“Caldo” traditional galician soup Meat stew with potatoes & vegetables Lasagna Fruit	Soup Roasted chicken with potatoes & vegetables Fruit	“Caldo” traditional galician soup Meat stew with potatoes & vegetables Spaghetti bolognese Fruit	Chickpea stew Fish & salad Fruit