

# School Year Menu

2019 - 20



	1st week	2nd week	3rd week	4th week	5th week
Monday	Pasta with tomato and grated cheese Deviled eggs with tuna and salad (tomato, lettuce, carrots and sweet corn)  Bread Yoghurt or fruit*	Fish soup Spanish omellete with ketchup and salad (lettuce and tomato)  Bread Jelly or fruit*	Carrot soup White rice with fried egg, sausages, chips and tomato sauce  Bread Fruit*	Vegetable soup ** (with White beans) Tuna burger with squared chips  Bread Fruit*.	Watercress, zucchini, peas, pumpkin, carrot and bean soup Grilled hake with boiled potatoes and green mojo  Bread Jelly or fruit*
Tuesday	Letter soup (with beef, chicken and chickpeas) Beef stew with potatoes, peas and carrots  Bread Fruit*	Pumpkin soup, zucchini, carrot and chickpeas Hake in the oven and boiled potatoes  Bread Fruit*	Zucchini, pumpkin, carrot and watercress soup Ham and cheese pizza with salad (tomato, lettuce, carrot and sweet corn)  Bread Fruit*	Pasta with tomato and cheese. Grilled chicken breast with salad (lettuce, tomato and sweet corn)  Bread Fruit*	Lentil soup with boiled egg White rice with peas, carrots and sweet corn  Bread Yoghurt or fruit *
Wednesday	Pumpkin and carrot soup Boiled potatoes with grilled tuna and green mojo  Bread Fruit *	Chicken "Fideguá" Tuna pasties with salad (lettuce and tomato)  Bread Fruit*	Watercress, carrot and bean soup Hake with potatoes.  Bread Yoghurt or fruit*.	Yellow rice with chicken Chicken croquettes with salad (lettuce, tomato, pineapple and sweet corn)  Bread Fruit*	Mixed peas and potato stew Russian beef with salad (lettuce, tomato)  Bread Fruit*
Thursday	Canarian "Rancho" (Soup with chickpeas and noodles) Squid rings and salad (tomato, lettuce and sweet corn)  Bread Fruit*	Vegetable soup*** with White beans. Chicken drumsticks in the oven with salad (lettuce, tomato, carrot, pineapple and sweet corn)  Bread Milkshake or fruit*	Star soup (with chickpeas, chicken and beef). Beef meatballs with tomato, mashed potatoes and vegetables (peas and carrots)  Bread Yoghurt or fruit*	Noodle soup (with beef, chicken and chickpeas) Spanish omelette with ketchup and salad (lettuce and tomato)  Bread Fruit*	Spinach, chard, zucchini, carrot and chickpea soup Sausages with White rice and fried tomatoes  Bread Fruit*
Friday	Pumpkin soup Lentils with White rice and boiled egg  Bread Fruit*	Lentil soup Marinated pork with salad (lettuce, tomato, carrot and olives)  Bread Custard or fruit*	Mixed beans French omelette with salad (lettuce, tomato, sweet corn and pineapple)  Bread Fruit *	Bean and carrot soup. Grilled hake tacos with boiled potatoes and salad (lettuce and tomato)  Bread Milkshake or fruit*	White bean soup (with carrot, pumpkin and spinach) Hake with boiled potatoes  Bread Fruit*

CLARIFICATIONS: \*Fruit: Seasonal fruit will be served. \*\* Seasonal vegetables. Note: All of the salads have a vinegar, salt and olive oil dressing. .

This menu has been checked by the CANARIAN FOUNDATION IN FOOD SAFETY "FUNCASA".

Note: In keeping with the Law (UE) N°1169/2011 about the information given to the consumer about food, this school has information about allergies in our products.

If your child has a food allergy, please tell the school.