



*Colexio Eduardo Pondal*

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## MENÚ MES OUTUBRO 2016

LUNS 3	MARTES 4	MÉRCORES 5	XOVES 6	VENRES 7
Crema de cabaciña Milanesa con patacas Queixo con marmelo	Ensalada de outono Arroz á cubana Froita	Macarróns con tomate Pescada á romana Iogur	Tortilla de espinacas Garavanzos Xeado	Sopa Polo asado con patacas Froita
LUNS 10	MARTES 11	MÉRCORES 12	XOVES 13	VENRES 14
Xudías refogadas Espaguetes Froita	Tortilla Lentellas Iogur	<i>DÍA DO PILAR</i>	Croquetas con ensalada Bonito con tomate Xeado	Caldo Paella Flan
LUNS 17	MARTES 18	MÉRCORES 19	XOVES 20	VENRES 21
Crema de cenoria Arroz á cubana Froita	Sopa Peixe guisado Iogur	Ensalada de pasta Milanesa con patacas Froita	Entremeses Pavo estufado Flan	Ensaladilla Churrasco con patacas Froita
LUNS 24	MARTES 25	MÉRCORES 26	XOVES 27	VENRES 28
Pizza Lentellas Froita	Xudías refogadas Espaguetes Xeado	Ensalada de outono Xamón asado con arroz Flan	Crema de verduras Peixe á romana Queixo con marmelo	Sopa San Xacobo con patacas Froita
LUNS 31				
<i>DÍA DO ENSINO</i>				



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## MENU OCTOBER 2016

<b>MONDAY 3rd</b>  Pumpkin Soup Breaded Steak & Chips Cheese & quince	<b>TUESDAY 4th</b>  Salad Rice & Egg & Sausages Fruit	<b>WEDNESDAY 5th</b>  Macarroni & tomato Fish Yoghourt	<b>THURSDAY 6th</b>  Spinach Omelette Chickpeas Ice cream	<b>FRIDAY 7th</b>  Soup Chicken & chips Fruit
<b>MONDAY 10th</b>  Green beans Spaghetti Fruit	<b>TUESDAY 11th</b>  Spanish omelette Lentils Yoghourt	<b>WEDNESDAY 12th</b>  <b>BANK HOLIDAY</b>	<b>THURSDAY 13th</b>  Salad & Croquettes Tuna stew Ice cream	<b>FRIDAY 14th</b>  Vegetable Broth Rice & Chicken Custard
<b>MONDAY 17th</b>  Carrot soup Rice & Egg & Sausages Fruit	<b>TUESDAY 18th</b>  Soup Fish stew Yoghourt	<b>WEDNESDAY 19th</b>  Pasta Salad Breaded Steak & Chips Fruit	<b>THURSDAY 20th</b>  Starters Turkey stew Custard	<b>FRIDAY 21st</b>  Coleslaw Grilled Pork Ribs & Chips Fruit
<b>MONDAY 24th</b>  Pizza Lentils Fruit	<b>TUESDAY 25th</b>  Green beans Spaghetti Ice cream	<b>WEDNESDAY 26th</b>  Salad Ham & rice Custard	<b>THURSDAY 27th</b>  Vegetable soup Fish Cheese & quince	<b>FRIDAY 28th</b>  Soup Breaded ham & cheese & chips Fruit
<b>MONDAY 31st</b>  <b>BANK HOLIDAY</b>				