



Colexio Eduardo Pondal

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MENÚ MES MARZO 2017

		MÉRCORES 1	XOVES 2	VENRES 3
		ENTROIDO	Crema de verduras Caracoliño con carne Flan	Sopa Polo asado con patacas Froita
LUNS 6	MARTES 7	MÉRCORES 8	XOVES 9	VENRES 10
Croquetas con ensalada Espaguetes Froita	Tortilla española Lentellas Iogur	Crema de cenoria Xamón asado con arroz Froita	Ensalada de pasta Bonito guisado Queixo con marmelo	Sopa Churrasco con patacas Froita
LUNS 13	MARTES 14	MÉRCORES 15	XOVES 16	VENRES 17
Crema de cabaciña Arroz á cubana Froita	Sopa San Xacobo con patacas Iogur	Tortilla de espinacas Garavanzos Froita	Macarróns con tomate Pescada á romana Flan	Crema de verduras Pavo estufado Froita
LUNS 20	MARTES 21	MÉRCORES 22	XOVES 23	VENRES 24
Sopa Milanesa con patacas Froita	Lentellas Pescada á romana Iogur	Caldo Paella Froita	Xudías refogadas Espaguetes Xeado	Sopa Peituga con puré Froita
LUNS 27	MARTES 28	MÉRCORES 29	XOVES 30	VENRES 31
Croquetas con ensalada Arroz á cubana Queixo con marmelo	Sopa San Xacobo con patacas Froita	Crema de verduras Lombo con arroz Froita	Peixe frito Garavanzos Iogur	Crema de cabaciña Fideo con polo Froita



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		WEDNESDAY 1st	THURSDAY 2nd	FRIDAY 3rd
		CARNIVAL	Vegetable soup Pasta & meat Custard	Soup Chicken & chips Fruit
MONDAY 6th Croquettes & salad Spaghetti Fruit	TUESDAY 7th Spanish omelette Lentils Yoghourt	WEDNESDAY 8th Carrot soup Ham & rice Fruit	THURSDAY 9th Pasta Salad Tuna stew Cheese & quince	FRIDAY 10th Soup Grilled Pork Ribs & Chips Fruit
MONDAY 13rd Pumpkin Soup Rice & Egg & Sausages Fruit	TUESDAY 14th Soup Breaded ham & cheese & chips Yoghourt	WEDNESDAY 15th Spinach Omelette Chickpeas Fruit	THURSDAY 16th Macarroni & tomato Fish Custard	FRIDAY 17th Vegetable soup Turkey stew Fruit
MONDAY 20th Soup Breaded Steak & Chips Fruit	TUESDAY 21st Lentils Fish Yoghourt	WEDNESDAY 22nd Vegetable Broth Rice & Chicken Fruit	THURSDAY 23rd Green beans Spaghetti Ice cream	FRIDAY 24th Soup Mashed Potato & Chicken Fruit
MONDAY 27th Salad & Croquettes Rice & Egg & Sausages Cheese & quince	TUESDAY 28th Soup Breaded ham & cheese & chips Fruit	WEDNESDAY 29nd Vegetable soup Pork & Chips Fruit	THURSDAY 30rd Fish Chickpeas Yoghourt	FRIDAY 31st Pumpkin Soup Chicken Pasta Fruit