



Colexio Eduardo Pondal

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MENÚ MES MAIO 2017

LUNS 1	MARTES 2	MÉRCORES 3	XOVES 4	VENRES 5
DÍA DO TRABALLO	Crema de cabaciña Caracoliño con carne Froita	Pizza Lentellas Iogur	Macarróns con tomate Pescada á romana Flan	Ensalada de arroz Polo asado con patacas Froita
LUNS 8	MARTES 9	MÉRCORES 10	XOVES 11	VENRES 12
Ensalada con empanadillas Milanesa con patacas Froita	Crema de cenoria Lombo con arroz Iogur	Tortilla de espinacas Garavanzos Froita	Ensalada de pasta Bonito guisado Queixo con marmelo	Crema de verduras Pavo estufado Froita
LUNS 15	MARTES 16	MÉRCORES 17	XOVES 18	VENRES 19
Xudías refogadas Arroz á cubana Froita	Empanada Espaguetes Froita	DÍA DAS LETRAS GALEGAS	Tortilla española Lentellas Iogur	Arroz tres delicias Pescada frita Xeado
LUNS 22	MARTES 23	MÉRCORES 24	XOVES 25	VENRES 26
Crema de cabaciña Caracoliño con carne Queixo con marmelo	Sopa San Xacobo con patacas Froita	Caldo Paella Iogur	Pescada frita Garavanzos Xeado	Ensaladilla Churrasco con patacas Froita
LUNS 29	MARTES 30	MÉRCORES 31		
Crema de verduras Milanesa con patacas Froita	Tortilla española Lentellas Iogur	Sopa Peituga de polo con puré Froita		



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MENU MAY 2017

MONDAY 1st LABOUR DAY	TUESDAY 2nd Pumpkin Soup Pasta & meat Fruit	WEDNESDAY 3rd Pizza Lentils Yoghourt	THURSDAY 4th Macarroni & tomato Fish Custard	FRIDAY 5th Rice salad Chicken & chips Fruit
MONDAY 8th Pasties & salad Breaded Steak & Chips Fruit	TUESDAY 9th Carrot soup Pork & rice Yoghourt	WEDNESDAY 10th Spinach Omelette Chickpeas Fruit	THURSDAY 11th Pasta Salad Tuna stew Cheese & quince	FRIDAY 12th Vegetable soup Turkey stew Fruit
MONDAY 15th Green beans Rice & Egg & Sausages Fruit	TUESDAY 16th Pie Spaghetti Fruit	WEDNESDAY 17th GALICIAN LITERATURE DAY	THURSDAY 18th Spanish Omelette Lentils Yoghourt	FRIDAY 19th Vegetable rice Fish Ice cream
MONDAY 22nd Pumpkin Soup Pasta & meat Cheese & quince	TUESDAY 23rd Soup Breaded ham & cheese & chips Fruit	WEDNESDAY 24th Vegetable Broth Rice & Chicken Yoghourt	THURSDAY 25th Fish Chickpeas Ice cream	FRIDAY 26th Coleslaw Grilled Pork Ribs & Chips Fruit
MONDAY 29th Vegetable soup Breaded Steak & Chips Fruit	TUESDAY 30th Spanish Omelette Lentils Yoghourt	WEDNESDAY 31th Soup Mashed Potato & Chicken Fruit		