



Colexio Eduardo Pondal
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MENÚ MES XANEIRO 2017

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| LUNS 9 Crema de verduras Espaguetes Froita | MARTES 10 Pizza Lentellas Iogur | MÉRCORES 11 Sopa Lombo con arroz Froita | XOVES 12 Crema de cenoria Bonito guisado Xeado | VENRES 13 Ensalada completa Polo asado con patacas Froita |
| LUNS 16 Xudías refogadas Arroz á cubana Froita | MARTES 17 Sopa San Xacobo con patacas Queixo con marmelo | MÉRCORES 18 Tortilla de espinacas Garavanzos Froita | XOVES 19 Arroz tres delicias Peixe frito Iogur | VENRES 20 Crema de cabaciña Polo con fideos Froita |
| LUNS 23 Sopa Milanesa con patacas Flan | MARTES 24 Lentellas Pescada á romana Iogur | MÉRCORES 25 Caldo Paella Froita | XOVES 26 Croquetas con ensalada Espaguetes Xeado | VENRES 27 Sopa Churrasco con patacas Froita |
| LUNS 30 Crema de verduras Caracoliño con carne Froita | MARTES 31 Tortilla española Garavanzos Iogur | | | |



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MENU JANUARY 2017

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|--|---|---|--|---|
| MONDAY 9th Vegetable soup Spaghetti Fruit | TUESDAY 10th Pizza Lentils Yoghourt | WEDNESDAY 11th Soup Pork & Chips Fruit | THURSDAY 12th Carrot soup Tuna stew Ice cream | FRIDAY 13th Salad Chicken & chips Fruit |
| MONDAY 16th Green beans Rice & Egg & Sausages Fruit | TUESDAY 17th Soup Breaded ham & cheese & chips Cheese & quince | WEDNESDAY 18th Spinach omelette Chickpeas Fruit | THURSDAY 19th Vegetable rice Fish Yoghourt | FRIDAY 20th Pumpkin Soup Chicken pasta Fruit |
| MONDAY 23rd Soup Breaded Steak & Chips Custard | TUESDAY 24th Lentils Fish Yoghourt | WEDNESDAY 25th Vegetable Broth Rice & Chicken Fruit | THURSDAY 26th Croquettes & salad Spaghetti Ice cream | FRIDAY 27th Soup Grilled Pork Ribs & Chips Fruit |
| MONDAY 30th Vegetable soup Pasta & meat Fruit | TUESDAY 31th Spanish omelette Chickpeas Yoghourt | | | |