



September Menu



Monday 28 Sept		Tuesday 29th		Wednesday 30rd		Thursday 3th		Friday 4th	
	Mix Salad		Chick Pea salad		Porra				Tomato and cucumber salad
	Carbonara Pasta with garlic bread		Chicken thighs, with Potatoes		Fish Fideguá				Chicken Skewers with Cuscus
	Vegetarian Carbonara Pasta		Filled Aubergines		Vegetarian Fideguá				Vegetarian Skewers with cuscus
	Fruit		Yogourt		Fruit				Fruit
Monday 7th		Tuesday 8th		Wednesday 9th		Thursday 10th		Friday 11th	
1	Lentils Salad	1	Carrot and Cucumber sticks	1	Gazpacho	1	Greek Salad	1	AliOli Potatoes
2	Potato omelett with mixed salad	2	Chicken Curry with Rice	2	Fried Hake, potatoes, and vegetables	2	Chili with meat and rice	2	Chicken and salad Enchiladas
2	Potato omelett with mixed salad	2	Vegetarian Curry	2	Fried Aubergene	2	Vegetarian Chilli	2	Vegetarian Enchiladas
3	Fruit	3	Yogourt	3	Fruit	3	Ice cream	3	Fruit
Monday 14th		Tuesday 15th		Wednesday 16th		Thursday 17th		Friday 18th	
1	Mixed salad	1	Olives, carrots, feta cheese salad	1	Mango Porra	1	Mexican Salad	1	Russian Salad
2	Spaguettis with Meatballs in tomato sauce	2	Chicken in Sauce with Cus cus	2	Fish Paella	2	Meat Burritos with chips	2	Breaded Chicken with diced tomato
2	Tuna Pasta	2	Ratatouille	2	Vegetarian Paella	2	Vegetarian Burritos	2	Breaded Vegetables
3	Fruit	3	Yogourt	3	Fruit	3	Ice cream	3	Fruit
Monday 21st		Tuesday 22nd		Wednesday 23rd		Thursday 24th		Friday 25th	
1	Carrot Cream with cilantro	1	Tomato and Cucumber	1	Gazpacho	1	Mixed Salad	1	Green Salad
2	Chicken Guillons, potatoes, peas	2	Beef Stew with diced potatoes	2	Oven Hake with Brocoli and potatoes	2	Chicken Paella	2	Lasagna and Garlic Bread
2	Vegetable tempura	2	Vegetarian Stew	2	Oven Vegetables	2	Vegetarian Paella	2	Vegetarian Lasaña
3	Fruit	3	Yogourt	3	Fruit	3	Ice Cream	3	Fruit



Menú Septiembre

Lunes 28		Martes 29		Miércoles 30		Jueves 4		viernes 4	
1	Ensalada mixta		Ensalada Garbanzos		Porra Antequerana				Pipirrana
2	Macarrones Carbonara con pan de ajo		Muslitos de pollo con patatas panaderas		Fideguá de pescado				Pinchitos de pollo con cuscus
2	Carbonara vegetariana		Berenjenas rellenas		Fideguá vegetariana				Pinchitos de verduras con cuscus
3	Fruta		Yogur		Fruta				Fruta
Lunes 7		Martes 8		Miércoles 9		Jueves 10		viernes 11	
1	Lentejas	1	Bastoncitos de pepino y zanahoria	1	Gazpacho	1	Ensalada Griega	1	Patatas Alioli
2	Tortilla de patatas con ensalada mixta	2	Pollo al Curry con arroz	2	Merluza Frita, gajos y menestra	2	Chile con carne y arroz	2	Enchiladas de pollo y ensalada
2	Tortilla de patatas con ensalada mixta	2	Pisto	2	Berenjenas Fritas	2	Chile vegetariano	2	Enchiladas vegetarianos
3	Fruta	3	Yogurt	3	Fruta	3	Helado	3	Fruta
Lunes 14		Martes 15		Miércoles 16		Jueves 17		viernes 18	
1	Ensalada mixta	1	Ensalada aceitunas, zanahorias, queso feta	1	Porra de Mango	1	Ensalada Mejicana	1	Ensalada Rusa
2	Espaguetis con Albóndigas, salsa tomate	2	Pollo en Pepitoria con cuscus	2	Paella de Pescado	2	Burritos ternera con patatas	2	Filete pollo empanado con tomate picado
3	Pasta con atún	2	Pisto	2	Paella Vegetariana	2	Burritos vegetarianos	2	Verdura empanada
3	Fruta	3	Yogur	3	Fruta	3	Helado	3	Fruta
Lunes 21		Martes 22		Miércoles 23		Jueves 24		viernes 25	
1	Ensalada mixta	1	Ensalada Garbanzos	1	Gazpacho	1	Ensalada Mixta	1	Ensalada Verde
2	Macarrones Carbonara con pan de ajo	2	Muslitos de pollo con patatas panaderas	2	Merluza frita, patatas, verdura salteada	2	Paella de Pollo	2	Lasaña ternera y pan de ajo
2	Cárbonara vegetal	2	Berenjenas rellenas	2	Rollito de primavera	2	Paella de verduras	2	Lasaña Vegetariana
3	Fruta	3	Yogur	3	Fruta	3	Helado	3	Fruta