**VILAS ALBORADA SCHOOL MENU (Santiago de Compostela) NOVEMBER**

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| **MONDAY,2** | **TUESDAY, 3** | **WEDNESDAY, 4** | **Hungary** | **FRIDAY, 6** |
| Vegetables (cauliflower,carrot and peas fried over a low heat) | Chicken soup with ginger | Tomato, cheese and oregano salad | Halászlé | Lettuce and olive salad |
| Rice with mushrooms | Hake in green sauce with boiled potatoes | Chickpea and vegetable stew | Pörkölt (with beef) | Eggs (stuffed with carrot and tuna) and rice with tomato sauce |
| Tangerine | Yoghurt with honey | Apple | Pear | Fresh fruit salad |
| **MONDAY, 9** | **TUESDAY, 10** | **WEDNESDAY, 11** | **THURSDAY, 12** | **FRIDAY, 13** |
| Peas with ham | Cream of courgette soup | Pork spicy sausage in a bread roll | Soup | Vegetable soup |
| Sardines with boiled potatoes and eggs | Chicken and macaroni stew | Lentil and vegetable stew | Rice with seafood (mussels, clams and prawns) | Meatballs with pasta |
| Banana | Orange | Chestnuts | Fresh fruit salad | Apple |
| **MONDAY,16** | **TUESDAY, 17** | **WEDNESDAY, 18** | **THURSDAY, 19** | **FRIDAY, 20** |
| Lettuce salad | Toasts | Courgette soup | Cream of vegetable soup | Galician broth |
| Beef ragout with vegetables | Asturian beans with vegetables | Squid and vermicelli stew | Baked eggs with tomato sauce and bechamel | Barbecued fish (monkfish, salmon and hake) |
| Grapes | Tangerine | Pear | Apple | Milkshake |
| **MONDAY, 23** | **TUESDAY, 24** | **WEDNESDAY, 25** | **THURSDAY, 26** | **FRIDAY, 27** |
| Gourd dumpling | Leek soup |  Chicken and vegetable soup | Green beans with paprika | Vegetable soup |
| Chickpea and meat stew | Boiled hake with potatoes | Omelette with beetroot salad | Baked chicken with sautéed pasta | Squids with rice and vegetables |
| Pear | Banana | Orange with honey | Fresh fruit salad | Cake |
| **MONDAY, 30** |  |  |  |  |
| Vegetable stew |  |  |  |  |
| Spaghetti with mince meat and courgette |  |  |  |  |
| Yoghurt |  |   |  |  |