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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY, 1** | **TUESDAY, 2** | **WEDNESDAY, 3** | **THURSDAY, 4** | **FRIDAY, 5** |
| Tomato and lettuce salad | Lentils sautéed with ecologic sesame | Vegetable soup | Chicken soup | Green beans |
| Pork loin with garlic sauce, peppers and chips | Tagliatelle with “*carbonara”* sauce | Boiled hake with potatoes in red sauce | Fried eggs with rice and ratatouille | Meat and vegetable lasagna |
| Yoghurt with honey | Tangerine | Apple | Pear | Orange |
| **ENGLAND**https://www.kilometrosymillas.com/wp-content/uploads/2017/05/inglaterra-portada-1024x820-700x561.jpg | **TUESDAY, 9** | **WEDNESDAY, 10** | **THURSDAY, 11** | **FRIDAY, 12** |
| Chicken soup | Cheese, tomato and oregano salad | Toasts | Vegetable stew | Soup |
| Cauliflower with cheese | Vermicelli and fish( hake, monkfish and mussels) stew | Chickpea and vegetable stew | Rice and squid stew | Carnival stew |
| Banana | Apple and kiwi | Milkshake | Clementine | Doughnuts |
| **MONDAY,** | **TUESDAY,** | **WEDNESDAY,** | **THURSDAY, 18** | **FRIDAY, 19** |
| http://www.edu.xunta.gal/centros/ceippintorlaxeiro/?q=system/files/u6/sen_t__tulow.jpg | https://www.edu.xunta.gal/espazoAbalar/sites/espazoAbalar/files/entroido_1_0.jpg | Los_Xenerais_da_Ulla | Peas with ham | Tomato and olive salad |
|  |  |  | Spaghetti with tomato sauce and cheese | Asturian beans with clams |
|  |  |  | Pineapple | Fresh fruit salad |
| **MONDAY, 22** | **TUESDAY, 23** | **WEDNESDAY, 24** | **THURSDAY, 25** | **FRIDAY, 26** |
| Beetroot salad | Pizza | Gourd soup | Brocoli with garlic sauce | Chicken soup |
| Beef and macaroni stew | Lentils and vegetable stew | Squids with onions, potatoes and “*alioli”* sauce | Rice with chicken and vegetables | Omelette with lettuce and olive salad |
| Apple | Yoghurt | Orange with honey | Banana | Fresh fruit salad |