

## VIAS ALBORADA SCHOOL MENU (Santiago de Compostela)

## MARCH

MONDAY, 1	TUESDAY, 2	WEDNESDAY, 3	THURSDAY, 4	FRIDAY, 5
Tomato and sardine salad	Vegetable soup	Carrot stuffed eggs	Leek soup	Cream of pea soup
Spaghetti with "pesto" (basil leaves, cheese and olive oil)	Beef and potato stew	Chickpea and pork sausage stew	Rice with squids( in their ink)	Rabbit stew with pasta and mushrooms
Tangerine	Apple	Banana	Pear	Milkshake
MONDAY, 8	TUESDAY, 9	WEDNESDAY, 10	THURSDAY, 11	FRIDAY, 12
Lettuce and onion salad	Tomato or chicken toasts	Cream of carrot soup	Tomato, cheese and oregano salad	Chicken soup
Baked steak with potatoes	Lentils sautéed with ecologic sesame	Pasta with salmon, peas and citrus fruit sauce	Omelette	"Paella"
Orange	Custard	Apple	Grapes	Pear
MONDAY, 15	TUESDAY, 16	WEDNESDAY, 17	<i>Turkish dishes</i>	FRIDAY,
Salad	Brocoli with garlic sauce	Salad	<i>"Corba"</i>	
Asturian beans stew	Hake "fideuá"	Poached eggs with rice	<i>"Kofte Patates"</i>	
Yoghurt with honery	Banana	Tangerine	<i>Apple</i>	
MONDAY, 22	TUESDAY, 23	WEDNESDAY, 24	THURSDAY, 25	FRIDAY, 26
Cauliflower with garlic sauce	Soup	Croquettes	Consommé with croutons	Salad
Macaroni with tuna and tomato sauce	Meat with potatoes	Chickpea and vegetable stew	Fish and potato stew	Baked eggs with béchamel and tomato sauce
Pear	Orange	Banana	Apple	Fresh fruit salad