**VIAS ALBORADA SCHOOL MENU (Santiago de Compostela) SEPTEMBER**

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|  |  |  | **THURSDAY, 9** | **FRIDAY, 10** |
|  |  |  | Lettuce, tomato and carrot salad | Toasts |
|  |  |  | Baked steak with chips | Lentil stew (with tomato, carrot and onion) |
|  |  |  | Peach | Apple |
| **MONDAY, 13** | **TUESDAY, 14** | **WEDNESDAY, 15** | **THURSDAY,16** | **FRIDAY,17** |
| Lettuce, olive and onion salad | Cream of carrot soup | Ham croquettes | Cold Andalusian soup ( Gazpacho) with croutons | Warm leek soup |
| Rice with beef and vegetables ( beans, peppers) | Grilled cod with potatoes | Beans in vinegar with vegetables and boiled eggs | Potato and courgette omelette | Monkfish, mussel and vermicelli stew |
| Watermelon | Yoghurt with honey | Banana | Pear | Fresh fruit salad |
| **MONDAY,20** | **TUESDAY, 21** | **WEDNESDAY, 22** |  **THURSDAY, 23** | **FRIDAY, 24** |
| Green beans | Mussels with salad | Peas with garlic sauce | Tomato salad | Courgette coated ( in flour and egg) and fried |
| Sardines in oil with onion, potatoes and tomato | Bakes eggs with rice | Chicken with couscous | Potato and squid stew | Chickpea salad |
| Watermelon and apple milkshake | Plum | Melon | Pear | Nectarine |
| **MONDAY, 27** | **TUESDAY, 28** | **WEDNESDAY, 29** | **THURSDAY, 30** |  |
| Vegetable stew | Chicken and vermicelli soup | Pasta salad | Broccoli in tempura |  |
| Baked hake with roasted pepper salad | Eggs au gratin with rice | Grilled chicken breast with lettuce | Lentils sautéed with ecologic sesame |  |
| Apple | Custard | Pear | Banana |  |