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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  | **THURSDAY,** | **FRIDAY, 1** |
|  |  |  |  | Vegetable soup |
|  |  |  |  | Chicken and vegetable croquettes with tomato and onion |
|  |  |  |  | Fresh fruit juice |
| **MONDAY, 4** | **TUESDAY, 5** | **WEDNESDAY, 6** | **THURSDAY,7** | **FRIDAY,8** |
| Cream of carrot and ginger soup | Toasts | Chicken and vegetable soup | Lettuce, onion and olives salad | Green beans with garlic sauce |
| Spaghetti with tuna and tomato sauce | Asturian beans with vegetables | Salmon with “tamari” sauce and pasta | Poached eggs with rice and ratatouille | Beef and potato stew |
| Banana | Apple | Grapes | Plums | Fresh fruit salad |
| **MONDAY,11** | **TUESDAY, 12** | **WEDNESDAY, 13** | **THURSDAY, 14** | **FRIDAY, 15** |
|  |  | Cherry tomato and cheese skewer | Baked vegetables | Cream of gourd soup |
|  |  | Omelette with beetroot salad | Macaroni with beef and carrots | Hake (coated in flour and egg ) with boiled potatoes |
|  |  | Tangerine | Macaroons | Banana |
| **MONDAY, 18** | **TUESDAY, 19** | **Czech Republic** | **THURSDAY, 21** | **FRIDAY, 22** |
| Pasta and vegetable soup | Lettuce salad | **Chlebícky** | Tuna pie | Garlic soup |
| Sardines with boiled eggs and potatoes | Rice with chicken and vegetables | **Smazený Kveták** | Lentils with pork sausage | Squid vegetable and vermicelli stew |
| Apple | Yoghurt with honey | Kiwi and apple | Grapes | Pear |
| **MONDAY, 25** | **TUESDAY, 26** | **WEDNESDAY, 27** | **THURSDAY, 28** | **Halloween !!!!!!!** |
| Tomato and oregano salad | Soup | Lettuce salad | Olives and tomato salad | **Mashed gourd with prawns** |
| Rice with beef and peas | Cabbage, carrots and potatoes with garlic sauce | Asturian bean stew | Hake stew | **Spaghetti worms thirsty for some tomato sauce** |
| Apple | Banana | Pear | Tangerine | **Booooohhh! Milkshake** |