**Vilas Alborada School Menu** **MAY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 2** | **Tuesday 3** | **Wednesday 4**  | **Thursday 5** | **Friday 6** |
| Vegetable toasts | Warm cabbage and red cabbage salad | Spanish potato salad | Chicken soup | Mussel salad |
| Asturian bean stew | Fried eggs with rice and ratatouille | Squids with onion and couscous | Green beans with potatoes and carrots | Beef ragout with pasta |
| Yoghurt with honey | Tangerine | Apple | Pear | Banana |
| **Monday 9** | **Tuesday 10** | **Wednesday 11** | **Thursday 12** | **Friday 13** |
| Olive and tomato salad | Lettuce and onion salad | Vegetable stew | Cream of carrot soup | Gaspacho (cold tomato soup) |
| Pork ribs and potato stew | Lentils sautéed with ecologic sesame | Grilled hake with pasta | Omelette with beetroot salad | Paella  |
| Watermelon | Orange | Banana | Pear | Pancakes with cream and chocolate |
| **Monday 16** | **Tuesday**  | **Chinese dishes** | **Thursday 19** | **Friday 20** |
| Cream of vegetable soup |  | 蔬菜炒锅 | Cream of leek soup | Pasta salad |
| Noodles with tuna and tomato sauce |  | 饭三喜 | Chicken and potato stew | Baked cod with vegetables  |
| Fruit shake |  | Apple | Apricot | Orange |
| **Monday 23** | **Tuesday 24** | **Wednesday 25** | **Thursday**  | **Friday** |
| Croquettes | Consommé | Lettuce and beetroot salad |  |  |
| Warm rice with raisins, apple, cheese and pine nuts | Squids ( fried in batter) with tomato and salad | Spahetti Bolognese |  |  |
| Strawberries | Watermelon | Granita |  |  |
| **Monday 30** | **Tuesday 31** | **Wednesday** | **Thursday** | **Friday** |
| Lettuce, apple and cheese salad | Sardine, tomato and onion salad |  |  |  |
| Beef, potato and vegetable stew | Cheese omelette with toast |  |  |  |
| Pear | Banana |  |  |  |