Vilas Alborada School Menu APRIL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Tuesday 2** |  **Wednesday 3** | **Thursday 4** | **In green** |
|  | Tomato salad | Peas with garlic sauce | Cream of vegetable soup | Olive oil and tomato toasts |
|  | Chickpea with pork | Omelette with beetroot salad | Rice with squids in their ink | Spaghetti with red and green cabbage |
|  | Apple | Pear | Orange with honey | Banana |
| **Monday 8** | **In green** | **Wednesday 10** | **Thursday 11** | **Friday 12** |
| Lettuce, olives and onion salad | Cream of carrot soup | Vegetable stew | Eggs stuffed with tuna and carrot | Consommé with croutons |
| Beef and macaroni stew | Vegetable “paella” | Hake in sauce with potatoes | Lentils sauteéd with vegetables and ecologic sesame | Rice with vegetables and chicken |
| Yoghurt | Melon | Orange | Apple | Natural shake |
| **Monday 15** | **Tuesday 16** | **CUBA** | **In green** | **Friday 19** |
| Leek soup | Lettuce, onion and carrot salad | Yucca in sauce | Broccoli with garlic sauce | Chicken and pasta soup |
| Vermicelli with fish and mussels | Fried eggs with rice and tomato sauce | Stewed beef with a sofritobase  | Bean and vegetable stew | Boiled ray with potatoes and paprika |
| Banana | Pear | Apple | Cake | Mandarine |
| **In green** | **Tuesday 23** |  **Wednesday 24** | **Thursday 25** | **Friday 26** |
| Lettuce, tomato, onion and olive salad | Cream of gourd soup | Puff pastry with ham and cheese | Green beans with tomato | Minestrone soup |
| Cauliflower with potatoes and carrots | Pork steak with mustard and couscous | Lentil stew | Hake fried in batter with pasta | Omelette with tomato salad |
| Apple | Banana | Pear | Strawberries | Fresh fruit salad |
| **Monday 29** | **Tuesday 30** |  |  |  |
| Cheese and quince toasts | Lettuce and beetroot salad |  |  |  |
| Chickpea with spinach and eggs | Pasta with salmon and citrus sauce |  |  |  |
| Orange | Fruit shake |  |  |  |