Vilas Alborada School Menu May

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|  |  |  |  **In green** |  **Friday 3** |
|  |  |  | Vegetable stew | Tomato and oregano salad |
|  |  |  | Rice with gourd, mushrooms and peppers | Baked ham with potatoes |
|  |  |  | Apple | Watermelon |
| **Monday 6** |  **Tuesday 7** | **Wednesday 8** | **Thursday 9** | **Friday 10** |
| Lettuce and onion salad | Vegetable stew | Consommé with croutons |  |  |
| Asturian bean stew | Rice with cod | Omelette with beetroot salad |  |  |
| Yoghurt | Banana | Fruit sorbet |  |  |
| **Monday 13** | **Tuesday 14** | **Wednesday 15** | **In green** | **Friday 17** |
| Vegetable soup | Lettuce, onion and carrot salad | Cold vegetable soup with croutons | Vegetable fogassa |  |
| Sardines in oil with potatoes and peppers | Fried eggs with rice and tomato sauce | Stewed chicken with macaroni | Lentil stew with ecologic sesame |  |
| Apple | Pear | Orange | Banana |  |
| **Monday 20** | **In green** |  **Wednesday 22** | **Thursday 23** | **Friday 24** |
| Cream of courgette soup | Chickpea and pickles salad | Lettuce and olive salad | Chicken, leek, carrot and pasta soup | Pasta salad |
| Noodles with tuna | Cauliflower and broccoli with potatoes and garlic sauce | Poached eggs with rice and tomato sauce | Beef stew with boiled potatoes | Squids (fried in batter) with tomato and onion |
| Banana | Custard | Orange | Apple | Natural juice |
| **Monday 27** | **Tuesday 28** | **Wednesday 29** | **Thursday 30** | **In green** |
| Peas with garlic sauce | Tomato toasts | Eggs stuffed with carrot and tuna | Croquettes | Cream of leek soup |
| Baked hake with rice | Lentils with pork sausage | Ragout with potatoes | Potato salad | Spaghetti and sautéed vegetables  |
| Banana | Melon | Pear | Orange | Fresh fruit salad |