

Xuño

Monday	Tuesday	Wednesday	Thursday	Friday
Monday 3	UKRAINE	In green	Thursday 6	Friday 7
Sardines in oil with tomato salad	Borsch	Vegetable pizza	Vegetable soup	Vegetable stew
Spaghetti with pesto sauce	Deruny	Asturian beans with vegetables	Rice with squids	Omelette with beetroot salad
Natural yoghurt with honey	Orange	Pear	Peach	Cake
Monday 10	In green	Wednesday 12	Thursday 13	Friday 14
Cold vegetable soup with croutons	Broccoli with garlic sauce	Potato salad	Lettuce, onion and carrot salad	Chickpea and vegetables salad
Pasta noodles and shellfish stew	Couscous with vegetables	Russian steak with tomato	Fried eggs with rice and tomato sauce	Hake, octopus and potato stew in paprika sauce
Apple	Watermelon	Banana	Pear	Natural juice
Monday 17	Tuesday 18	Wednesday 19	In green	Friday 21
Lettuce and carrot salad	Tomato and cheese skewer	Vegetable soup	Hummus toasts	Pasta salad
Macaroni with meat	Poached eggs with chips	Wild salmon with pasta	Vegetable "paella"	Squid rings (fried in batter) with tomato and onion salad
Melon	Apple	Strawberries	Fresh fruit salad	Ice cream