ASSOCIACIÓ de FAMÍLIES d'ALUMNES
de l'Escola L'ENTORN de MATA
C/ Montseny, s/n

# OCTOBER

La Fageda

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | | **1**<br>*Lentils with rice*<br>*Stuffed eggs*<br>*Seasonal fruit* |
| **4**<br>*Potato puree with tuna*<br>*Skewered chicken*<br>*Seasonal fruit* | **5**<br>*Salad*<br>*Macaroni*<br>*Seasonal fruit* | **6**<br>*Brown rice with vegetables*<br>*Codfish filet*<br>*Seasonal fruit* | **7**<br>*Stewed lentils*<br>*French omelette*<br>*Yoghurt* | **8**<br>*Russian salad*<br>*Fish fingers*<br>*Seasonal fruit* |
| **11** | **12** | **13**<br>*Cuban style rice*<br>*Fried egg*<br>*Seasonal fruit* | **14**<br>*Beans*<br>*Pan fried hake*<br>*Yoghurt* | **15**<br>*Vegetables*<br>*Baked Chicken*<br>*Seasonal fruit* |
| **18**<br>*Green peas*<br>*Burger*<br>*Seasonal fruit* | **19**<br>*Rice salad*<br>*Grilled monkfish*<br>*Seasonal fruit* | **20**<br>*Spaghetti carbonara*<br>*Mushrooms omelette*<br>*Seasonal fruit* | **21**<br>*Courgette puree*<br>*Pan fried chicken with crisps*<br>*Yoghurt* | **22**<br>*Beans*<br>*Baked hake*<br>*Seasonal fruit* |
| **25** | **26**<br>*Leek puree*<br>*Beef*<br>*Seasonal fruit* | **27**<br>*Casserole rice*<br>*Courgette omelette*<br>*Seasonal fruit* | **28**<br>*Chickpeas*<br>*Codfish filet*<br>*Yoghurt* | **29**<br>*Baked potatoes with tomato*<br>*Cordon bleu*<br>*Seasonal fruit* |