



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

NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>	<p>2 Rice with vegetables omelette Seasonal fruit</p>	<p>3 Salad Pasta with meat Seasonal fruit</p>	<p>4 Stewed lentils Fish fingers Yoghurt</p>	<p>5 Russian salad Baked codfish Seasonal fruit</p>
<p>8 Cuban style-rice Fried egg Seasonal fruit</p>	<p>9 Chopped cabbage with potatoes Pork loin steak Seasonal fruit</p>	<p>10 Fideuà Codfish fritter Seasonal fruit</p>	<p>11 Beans Baked chicken Yoghurt</p>	<p>12 Beans with potatoes and carrots Monkfish tail with sauce Seasonal fruit</p>
<p>15 Peas with potatoes Burger Seasonal fruit</p>	<p>16 Rice salad Grilled hake Seasonal fruit</p>	<p>17 Carbonara spaghetti Mushrooms omelette Seasonal fruit</p>	<p>18 Squash soup Pan-fried chicken breast with crisps Yoghurt</p>	<p>19 Beans Baked hake Seasonal fruit</p>
<p>22 Pasta with cheese Stuffed eggs Seasonal fruit</p>	<p>23 Leek puree Beef roll Seasonal fruit</p>	<p>24 Salad Casserole rice Seasonal fruit</p>	<p>25 Stewed Chickpeas Baked monkfish Yoghurt</p>	<p>26 Baked potatoes with tomato Chicken sausages Seasonal fruit</p>
<p>29 Courgette cream Skewered turkey Seasonal Fruit</p>	<p>30 Beans Roasted sea bass Seasonal fruit</p>			