

SCHOOL MENU NOVEMBER 2018

GABRIEL FERRATER I SOLER SECONDARY SCHOOL

MONDAY 5

. Noodle soup

. Stewed meat
With rice

. Pudding

TUESDAY 6

. Rice with
Tomato sauce

. Potatoe, zucchini
and onion omelette
with salad

. Pudding

WEDNESDAY 7

. Vegetables
cream

. Aubergine
Lasagne

. Pudding

THURSDAY 8

. Green salad
with fresh cheese

. Peas with
cuttlefish

. Pudding

FRIDAY 9

. Hummus with bread
sticks

. Mushroom Pizza

. Pudding

MONDAY 12

. Vegetables
(potato, green beans,
carrots i peas)

. Cheese burger

. Pudding

TUESDAY 13

. Macaroni
with tomato, onion
and carrot

. Codfish fritter
with salad

. Pudding

WEDNESDAY 14

. Cerdanya trinxat

. Mushroom omelette
with salad

. Pudding

THURSDAY 15

. Paella

. Fish
with salad

. Pudding

FRIDAY 16

. Fish soup

. Turkey stew
with vegetables

. Pudding

MONDAY 19

. Spaguettis
Bolognese

. Auberdine Omelette
with salad

. Pudding

TUESDAY 20

. Potatoes and
green beans

. Sausage
with white beans

. Pudding

WEDNESDAY 21

. Rice seafood

. Baked fish
with salad

. Pudding

THURSDAY 22

. Chickpeas soup
with vegetables

. Croquettes
with salad

. Pudding

FRIDAY 23

. Mixed salad

. Escalivada

. Pudding

MONDAY 26

. Mixed rice

. Homemade
Croquettes with salad

. Pudding

TUESDAY 27

. Lentil soup with
vegetables

. Baked porc
with caramelised
onion

. Pudding

WEDNESDAY 28

. Noodles
casserole

. Chicken with
potatoes

. Pudding

THURSDAY 29

. Fish soup

. Meat pie

. Pudding

FRIDAY 30

. Pumpkin Cream

. Baked fish

. Pudding

INFORMACIÓ ADICIONAL:

Menú revisat per Dietista-Nutricionista