

## My little Farm Nursery School - Menu

### October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Vegetable and chickpeas stew Grilled fish (A1,5) Yoghourt(A3)	<b>2</b> Stewed potatoes Tuna eggs con salad (A2,5) Fruit	<b>3</b> Vegetables purée Homemade pizza (A1,3) Yoghourt	<b>4</b> Spaguetti (A1) Chicken thighs with sauce and salad Fruit
<b>7</b> Lentils San Jacobo (A1,2) Fruit	<b>8</b> Mushroom risotto (A3) Loin of pork with sauce (A3) Yoghourt(A3)	<b>9</b> Green beans with tomato Potatoe omelette with salad (A2) Fruit	<b>10</b> Noodles soup (A1) Grilled fish with tomato (A1,2,5) Yoghourt(A3)	<b>11</b> Cream of leek (A3) Roasted chicken with salad Fruit
<b>14</b> Macaroni (A1) Fish fingers (A1,2,5) Fruit	<b>15</b> Noodles soup (A1) And chickpeas (beef, chicken and vegetables) Yoghourt (A3)	<b>16</b> Carrot purée Breaded chicken with salad (A1,2) Fruit	<b>17</b> Aubergine pie (A1,2) Grilled pork Yoghourt (A3)	<b>18</b> Potatoes with vegetables Baked eggs with salad (A2) Fruit
<b>21</b> Potatoe and chard pie (A3) Grilled chicken Fruta	<b>22</b> Spaguetti (A1) Turkey stew Yoghourt (A3)	<b>23</b> Vegetarian beans Egg croquettes with salad (A1,2,3,4) Fruit	<b>24</b> Cream of pumpkin (A3) Baked fish (A5) Yoghourt (A3)	<b>25</b> Stewed peas Meat pie with salad (A1,2) Fruta
<b>28</b> Lentils Grilled fish (A5) Fruit	<b>29</b> Cream of zuchinni (A3) Chicken thighs with sauce and salad Yoghourt (A3)	<b>30</b> Boiled rice Hamburguers with salad(A1,2) Fruit	<b>31</b> Tuna Lasagna (A1,2,3,5) Grilled sausages Yoghourt (A3)	

**Alérgenos: A1 (Gluten); A2 (Huevo); A3 (Leche y derivados); A4 (Frutos secos); A5 (Pescado).**

**Ensaladas: Tomate, maíz, pepino o zanahoria rallada.**