

My little Farm Nursery School - Menu

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Rice with tomato Grilled chicken Yoghourt (A3)	3 Lentils Baked eggs with salad (A2) Fruit
6	7 Spaghetti (A1) Meatballs with sauce Yoghourt (A3)	8 Green beans with tomato Baked chicken with salad Fruit	9 Carrot purée Home made Pizza (A1,3) Yoghourt (A3)	10 Vegetables and chickpeas stew Tuna pasties with salad (A5) Fruit
13 Vegetables purée Chicken thighs with vegetables Fruit	14 Noodles soup (A1) And chickpeas (Beef, chicken and vegetables) Yoghourt (A3)	15 Stew peas Potatoe omelette with salad Fruit	16 Aubergine pie (A1,2,3) Sausages Yoghourt (A3)	17 Mushroom risotto (A3) Battered fish with salad Fruit
20 Potatoe and chard pie (A3) Turkey stew Fruit	21 Boiled rice Grilled fish with tomato sauce (A5) Yogurt (A3)	22 Macaroni (A1) Grilled pork with salad Fruit	23 Vegetarian beans (A1,2,5) Grilled chicken Yogurt (A3)	24 Crema of pumpkin (A3) Egg croquettes with salad (A1,2,3,4) Fruit
27 Paella Fish fingers (A5) Fruit	28 Lentils Tuna eggs with salad (A2,5) Yoghourt (A3)	29 Cream of leek (A3) Meat pie with salad (A1,2,3) Fruit	30 Stewed potatoes San Jacobo (A1,2) Yoghourt (A3)	31 Noodles soup (A1) Loin of pork with sauce and salad Fruit

Allergens: A1 (Gluten); A2 (Egg); A3 (Milk and milk products); A4 (Nuts); A5 (Fish).

Salads: Tomato, corn, cucumber or grated carrot