

Nursery School “My Little Farm”

November 2018 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Lentils Grilled fish (A1,5) Fruit
5 Potatoes and vegetables Hamburguers (A1,2,3) Fruit	6 Stew peas Fish with tomato sauce (A1,2,5) Yoghourt(A3)	7 Noodles soup (A1) and chickpeas (beef, chicken and vegetables) Fruit	8 Carrot purée Homemade pizza (A1,3) Yoghourt(A3)	9
12 Cream of leek (A3) Turkey stew Fruit	13 Vegetarian beans Fish fingers (A1,5) Yoghourt (A3)	14 Noodles soup (A1) Chicken thighs Fruit	15 Aubergine pie (A1,2,3) Loin of pork with sauce Yoghourt (A3)	16 Boiled rice Baked eggs (A2) Fruit
19 Vegetables purée Meatballs(A1,2,3) Fruit	20 Paella Egg croquettes (A1,2,3,4) Yoghourt (A3)	21 Vegetables and chickpea stew San Jacobos (A1,2) Fruit	22 Tuna Lasagna (A1,2,3) Grilled chicken Yoghourt(A3)	23 Green beans with tomato Battered fish (A1,2,5) Fruit
26 Lentils Squid rings (A1,2,5) Fruit	27 Pasta (A1) Potatoe omelette (A2) Yoghourt (A3)	28 Cream of pumpkin (A3) Fish with tomato (A1,2,5) Fruit	29 Mushroom risotto (A3) Breaded chicken (A1,2) Yoghourt (A3)	30 Stew potatoes with vegetables Tuna Pasties (A1,2,5) Fruit

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

Salads: Tomato, corn, cucumber or grated carrot

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