

## My little Farm Nursery School - Menu

### November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>4</b> Macaroni (A1) Meatballs with vegetables (A1,2) Fruit	<b>5</b> Vegetables and chickpeas stew (A1) Grilled chicken Yoghourt (A3)	<b>6</b> Noodles soup (A1) Battered fish with salad (A1,2,5) Fruit	<b>7</b> Cream of leek (A3) Homemade pizza (A1,2) Yoghourt (A3)	<b>8</b> Potatoes with vegetables stew Baked egg with salad (A2) Fruit
<b>11</b> Carrot purée Grilled fish with tomato sauce (A5) Fruit	<b>12</b> Lentils Tuna pasties (A1,2,5) Yoghourt(A3)	<b>13</b> Green beans with tomato Potatoe omelette with salad (A2) Fruit	<b>14</b> Aubergine pie (A1,2,3) Grilled chicken Yoghourt (A3)	<b>15</b> Mushroom risotto (A3) Meat pie with salad (A1,2) Fruit
<b>18</b> Boiled rice Chicken thighs with vegetables Fruit	<b>19</b> Noodles soup (A1) And chickpeas ( beef, chicken and vegetables Yoghourt (A3)	<b>20</b> Vegetables purée Egg croquettes with salad (A1,2,3,4) Fruit	<b>21</b> Spaghetti (A1) Baked fish (A5) Yoghourt (A3)	<b>22</b> Stewed peas Loin of pork with sauce and salad Fruit
<b>25</b> Cream of pumpkin (A3) Turkey stew with vegetables Fruit	<b>25</b> Vegetarian beans (A1) Tuna eggs (A2,5) Yoghourt (A3)	<b>27</b> Paella Squid rings with salad (A1,6) Fruit	<b>28</b> Potatoe and chard pie (A3) Roasted chicken Yoghourt (A3)	<b>29</b> Tuna lasagna (A1,2,3,5) Grilled pork with salad Fruit

**Allergens: A1 (Gluten); A2 (Egg); A3 (Milk and milk products); A4 (Nuts); A5 (Fish); A6 (Seafood)**  
**Salads: Tomato, corn, cucumber or grated carrot**