

My little Farm Nursery School - Menu

October 2019

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

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

Salads: Tomato, corn, cucumber or grated carrot