

**My Little farm Nursery School -
January 2022 menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Vegetable purée Grilled chicken (A1,2) Fruit</p>	<p>4 Spaghetti (A1) Fish fingers (A1,2,5) Yoghourt (A3)</p>	<p>5 Lentils French omelette (A2) Fruit</p>	<p>6</p>	<p>7 Rice with tomato Grilled pork Fruit</p>
<p>10 Stewed potatoes with vegetables Hamburguers (A1,2,5) Fruit</p>	<p>11 Noodles soup (A1) Fish with tomato (A1,5) Yoghourt (A3)</p>	<p>12 Vegetables and chickpea stew Baked eggs (A2) Fruit</p>	<p>13 Stewed peas Pizza (A1,3) Yoghourt (A3)</p>	<p>14 Cream of zuchinni (A3) San Jacobo (A1,2) Fruit</p>
<p>17 Carrot purée Battered fish (A1,2,5) Fruit</p>	<p>18 Noodles soup (A1) And chickpeas (beef, chicken and vegetables) Yoghourt (A3)</p>	<p>19 Green beans with tomato Potatoe omelette (A2) Fruit</p>	<p>20 Mushroom risotto (A3) Chicken with vegetable sauce Yoghourt (A3)</p>	<p>21 Tuna lasagna (A1,2,3,5) Sausages Fruit</p>
<p>24 Paella Grilled chicken Fruit</p>	<p>25 Vegetarian beans Croquettes (A1,2,3,4) Yoghourt (A3)</p>	<p>26 Macaroni (A1) Meatballs (A1,2,3) Fruit</p>	<p>27 Zuchinni pie (A1,2,3) Grilled fish (A5) Yoghourt (A3)</p>	<p>28 Cream of leek (A3) Loin of pork with sauce Fruit</p>
<p>31 Pasta (A1) Turkey stew Fruit</p>				

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

Salads: Tomato, corn, cucumber or grated carrot