

## My Little farm Nursery School - November 2023 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Stewed peas Pizza (A1,3) Yoghourt (A3)	3 Pumpkin purée Grilled fish (A1,5) Fruit
6 Vegetable purée Fish fingers (A1,5) Fruit	7 Vegetable and chickpea stew Baked eggs (A2) Yoghourt (A3)	8 Stewed potatoes and vegetables Grilled pork Fruit	9	10 Macaroni (A1) Grilled chicken with salad Fruit
13 Green beans with tomato Spanish omelette (A2) Fruit	14 Noodles soup (A1) and chickpeas (chicken, beef, and vegetables) Yoghourt (A3)	15 Zucchini purée Fish with tomato (A1,2,5) Fruit	16 Pasta Hamburguers with salad Yoghourt (A3)	17 Rice with tomato (A3) San Jacobo Fruit
20 Cream of spinach (A3) Breaded chicken (A1,2) Fruit	21 Paella with vegetables Grilled fish (A5) Yoghourt (A3)	22 Lentils Pasties (A1,2,3,5) Fruit	23 Noodles soup (A1) Tuna eggs (A2,5) Yoghourt (A3)	24 Spaghetti (A1) Loin of pork with sauce Fruit
27 Carrot purée Fish with tomato (A1,5) Fruit	28 Vegetables pie (A1,2,3) Grilled pork Yoghourt (A3)	29 Vegetarian beans Croquettes (A1,2,3,4) Fruit	30 Pasta (A1) Meatballs with salad (A1,2,5) Yoghourt (A3)	

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

**Salads: Tomato, corn, cucumber or grated carrot. Every day salad and bread will be offered to the children, along with the menu**