

## MENU OCTUBRE COLEGIO SAGRADO CORAZÓN - FUNDACIÓN IGAREDA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>PURE DE VERDURA</b> (Vegetable puree)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>LENTEJAS CON CHORIZO</b> (Lentils and sausage)	<b>ARROZ TRES DELICIAS</b> (Fried rice)
<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>TORTILLA DE PATATA CON ENSALADA</b> (Spanish omelette and salad)	<b>FILETE RUSO CON ENSALADA</b> (Pork Steak and salad)	<b>PESCADO CON CHIPS</b> (Fish and chips)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>GARBANZOS ESTOFADOS</b> (Chickpeas stew)	<b>ENSALADA DE PASTA</b> (pasta salad)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>JUDIAS VERDES CON TOMATE</b> (French beans with tomatoe)	<b>FESTIVO</b>
<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)	<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>POLLO ASADO CON PATATAS</b> (roast chicken and chips)	
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>RAGOUT</b> (Ragout)	<b>PURE DE VERDURA</b> (Vegetable puree)	<b>ARROZ TRES DELICIAS</b> (Fried rice)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>LENTEJAS</b> (Lentils)
<b>CROQUETAS CON ENSALADA</b> (croquettes and salad)	<b>POLLO ASADO CON ENSALADA</b> (roast chicken and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>FILETE RUSO CON ENSALADA</b> (Pork Steak and salad)	<b>TORTILLA DE PATATA CON ENSALADA</b> (Spanish omelette and salad)
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>GARBANZOS ESTOFADOS</b> (Chickpeas stew)	<b>PURE DE VERDURA</b> (Vegetable puree)	<b>ARROZ TRES DELICIAS</b> (Fried rice)	<b>PATATAS RIOJANA</b> (Stewed potatoes)
<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)	<b>TORTILLA FRANCESA CON ENSALADA</b> (French omelette and salad)	<b>POLLO ASADO CON ENSALADA</b> (roast chicken and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>PECHUGA DE POLLO CON ENSALADA</b> (Chicken breast and salad)
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>29</b>	<b>30</b>	<b>31</b>		
<b>NO LECTIVO</b>	<b>NO LECTIVO</b>	<b>NO LECTIVO</b>		