



## POETA ANTÓN DE MARI REGUERA

Year 19-20  
NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <sup>st</sup>  <b>HOLIDAY</b>
4 <sup>th</sup> Vegetable purée Roasted chicken legs with side mushrooms Fruit	5 <sup>th</sup> Chickpea salad Beef steak with peppers Fruit	6 <sup>th</sup> Potato salad Seafood fideuá Fruit	7 <sup>th</sup> Lentil stew Baked hake in sauce Yoghurt	8 <sup>th</sup> Peas with homemade tomato sauce Hard-boiled eggs with tuna and mayonnaise Fruit
11 <sup>th</sup> Varied salad Spanish omelette with peppers Fruit	12 <sup>th</sup> Creamy courgette soup Homemade hamburger Fruit	13 <sup>th</sup> Mixed salad Rice with black beans Yoghurt	14 <sup>th</sup> Lentil stew Meatballs with vegetable sauce Fruit	15 <sup>th</sup> Vegetable soup Tuna steaks in sauce Fruit
18 <sup>th</sup> Vegetable purée Ham omelette Fruit	19 <sup>th</sup> Mixed salad Flying squid with chips Fruit	20 <sup>th</sup> Pasta with homemade tomato sauce Cod with salad Fruit	21 <sup>st</sup> Spaghetti Bolognese Sardines with tomato salad Fruit	22 <sup>nd</sup> Mixed salad Asturian white bean stew Rice pudding
25 <sup>th</sup> Lentil and chorizo soup Tuna omelette with salad Fruit	26 <sup>th</sup> Creamy leek soup Turkey steak with tomato salad Fruit	27 <sup>th</sup> Soup Pork steak with mashed potatoes Yoghurt	28 <sup>th</sup> Brown bean stew Baked salmon with endive salad Fruit	29 <sup>th</sup> Varied salad Rice with squid in ink sauce Fruit

