

Luns Monday	Martes Tuesday	Mércores Wednesday	Xoves Thursday	Venres Friday
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<p><b>5</b> Crema de cabaza Albóndigas mixtas en salsa de pemento verde con arroz logur Verdura / Peixe / Froita Cream of pumpkin soup Meatballs with vegetables and rice Yoghurt Vegetable / Fish / Fruit</p>	<p><b>6</b> Lentellas a xardineira Lombo de porco ao forno con verduriñas Froita de tempada Verdura / Carne / Arroz / Lácteo Lentil stew Baked pork loin Sauteed vegetables Seasonal fruit Vegetable / Meat / Rice / Dairy</p>	<p><b>7</b> Arroz con tomate Pescada a romana con pataca ao vapor logur Verdura / Carne / Ovo / Froita Rice with tomatoe sauce Fried hake with potatoes Seasonal fruit Vegetable / Meat / Egg / Fruit</p>	<p><b>8</b> Fabada Asturiana co seu compango Tortilla francesa Ensalada de leituga Froita de tempada Verdura / Arroz / Peixe / Lácteo "Fabada" bean stew Omelette Lettuce salad Seasonal fruit Vegetable / Rice / Fish / Dairy</p>	<p><b>9</b> Sopa de ave con fideos San Xacobe de xamón e queixo con patacas asadas ao forno Fruta de temporada Verdura / Ovo / Peixe / Froita Noodle soup Cordon bleu with potatoes Seasonal fruit Vegetable / Egg / Fish / Fruit</p>
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<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b> Fabas pintas estofadas Pavo guisado con verduras e patacas Froita de tempada Verdura / Ovo / Lácteo Pinto bean stew Turkey stew with vegetables and potatoes Seasonal fruit Vegetable / Egg / Dairy</p>	<p><b>16</b> Xudías verdes con tomate e ovo Pescada a romana con patacas Froita de tempada Verdura / Peixe / Arroz / Froita Green beans with egg and tomato Breaded hake with potatoes Seasonal fruit Vegetable / Fish / Rice / Fruit</p>
<p><b>19</b> Arroz con tomate Xamón de porco asado con verduras e patacas logur Verdura / Legume / Ovo / Froita Rice with tomatoe sauce Roasted pork with vegetables and potatoes Yoghurt Vegetable / Legume / Egg / Fruit</p>	<p><b>20</b> Lentellas a xardineira Tortilla de pataca Ensalada de leituga Froita de tempada Verdura / Carne magra / Lácteo Lentil stew Spanish omelette Lettuce salad Seasonal fruit Vegetable / Lean meat / Dairy</p>	<p><b>21</b> Patacas con tenreira Filete de pescada empanado ao forno con verduriñas logur Verdura / Ovo / Arroz / Lácteo Potatoes with beef Breaded hake Sauteed vegetables Seasonal fruit Vegetable / Egg / Rice / Dairy</p>	<p><b>22</b> Sopa de ave con fideos Cocido de garavanzos co seu compango Ensalada de leituga Froita de tempada Verdura / Peixe / Pasta / Froita Noodle soup Chickpea stew Lettuce salad Seasonal fruit Vegetable / Fish / Pasta / Fruit</p>	<p><b>23</b> Crema de verduras Albóndigas de pescada Froita de tempada Verdura / Peixe / Pataca / Lácteo Cream of vegetables soup Fish meatballs Seasonal fruit Vegetable / Fish / Potato / Dairy</p>

<p><b>26</b> Xudías verdes con xamón e tomate Tortilla de pataca Ensalada de leituga logur Verdura / Legume / Carne Magra / Froita Green beans with ham and tomato Spanish omelette Lettuce salad Yoghurt Vegetable / Legume / Lean Meat / Fruit</p>	<p><b>27</b> Fabas pintas con verduras de tempada Medallón de salmón e cabaza en salsa con patacas Froita de tempada Verdura / Ovo / Arroz / Lácteo Pinto bean stew Salmon and pumpkin burger with sauce with potatoes Seasonal fruit Vegetable / Egg / Rice / Dairy</p>	<p><b>28</b> Macarróns con tomate Albóndigas mixtas a xardineira co ensalada logur Verdura / Legume / Ovo / Froita Macaroni with tomato Meatballs with vegetables and potatoes Lettuce salad Seasonal fruit Vegetable / Legume / Egg / Fruit</p>	<p><b>29</b> Estofado de lentellas Ragout de porco con verduras e patacas Froita de tempada Verdura / Carne / Pasta / Froita Lentil stew Pork ragout with vegetables and potatoes Seasonal fruit Vegetable / Meat / Pasta / Fruit</p>	
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