

SEPTEMBER'S MENU 2023

		WEDNESDAY 6th	THURSDAY 7th	FRIDAY 8th
		<ul style="list-style-type: none"> Sautéed peas and potatoes with ham Croquettes with green salad, carrots and sunflower seeds Yoghurt <i>la Fageda</i> 	<ul style="list-style-type: none"> Mixed lettuces with tomatoes, olives, cucumber and nuts ** cream of vegetable soup <i>Paella</i> Seasonal fruit* 	<ul style="list-style-type: none"> Russian salad with olives, tuna, boiled egg and mayonnaise Grilled turkey with caramelised onions Fruit salad
MONDAY 11th	TUESDAY 12th	WEDNESDAY 13th	THURSDAY 14th	FRIDAY 15th
BANK HOLIDAY <i>(Diada)</i>	<ul style="list-style-type: none"> <i>Pesto</i> tagliatelle **with olive oil and grated cheese Roast turkey stew with onions and dried plums Seasonal fruit* 	<ul style="list-style-type: none"> Greek salad with tomatoes, fresh cheese, black olives and oregano **vegetable purée Brown rice with cuttlefish Yoghurt <i>la Fageda</i> 	<ul style="list-style-type: none"> Lentil salad Hake in flour batter with green salad and sweet corn Seasonal fruit* 	<ul style="list-style-type: none"> Cream of vegetable soup Baked chicken with potato chips Fruit salad
MONDAY 18th	TUESDAY 19th	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22nd
<ul style="list-style-type: none"> Cream of carrot soup Potato and courgette omelette with wholegrain bread and tomato (catalan style) Seasonal fruit* 	<ul style="list-style-type: none"> Cauliflower and potato <i>au gratin</i> Chicken scallop with green salad, radish and olives Seasonal fruit* 	<ul style="list-style-type: none"> <i>Three delights</i> fried rice (prawns, french omelette & ham) Baked codfish with vegetables (<i>samfaina</i>) **hake with green salad, carrots and sunflower seeds Yoghurt <i>la Fageda</i> 	<ul style="list-style-type: none"> Potato salad with tomato, tuna and black olives Baked chicken breast with green salad and olives Fruit salad 	<ul style="list-style-type: none"> Spaguetti <i>Napolitana</i> Grilled tenderloin with caramelised onions Seasonal fruit*
MONDAY 25th	TUESDAY 26th	WEDNESDAY 27th	THURSDAY 28th	FRIDAY 29th
BANK HOLIDAY <i>(Mercè)</i>	<ul style="list-style-type: none"> Pasta salad Battered calamari (andalusian style) **croquettes with green salad and sweet corn Seasonal fruit* 	<ul style="list-style-type: none"> Green beans with potatoes Meatballs with vegetables (<i>à la jardinière</i>) Yoghurt <i>la Fageda</i> 	<ul style="list-style-type: none"> Cream of courgette soup Baked chicken breast with green salad and olives Seasonal fruit* 	<ul style="list-style-type: none"> Mushroom <i>risotto</i> with parmesan cheese **white rice French omelette with green salad and olives Fruit salad

**I1, I2 and I3

*Apple, pear, banana, strawberries, mandarins and orange

Note: Occasionally there may be some changes in the menu due to reasons beyond the school's control