



PUREZA DE MARÍA
SCHOOL MENU



SECOND TERM. From 8th January until 3rd April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>10/02-16/03</p> <p>Red Lentil Puree Pork Steak with garlic and Sauteed potatoes Jelly</p>	<p>11/02-17/03</p> <p>Spaghetti with Tomato sauce Baked Hake with Mushrooms Fruit</p>	<p>08/01-12/02-18/03</p> <p>Carrot Puree Yellow Rice with Tuna and Olives Yoghurt</p>	<p>09/01-13/02-19/03</p> <p>Chicken Soup Chicken Steak with Salad Fruit</p>	<p>10/01-14/02-20/03</p> <p>Vegetable Soup Stewed Potatoes with Tuna and Mayo Yoghurt</p>
<p>13/01-17/02-23/03</p> <p>Pumpkin Puree Meatballs with Carrots, Peas and cubed potatoes Yoghurt</p>	<p>14/01-18/02-24/03</p> <p>Watercress Soup Breaded Squid Rings with Corn Salad Fruit</p>	<p>15/01-19/02-25/03</p> <p>Fusilli Pasta with tomato, grated cheese and grilled chicken breast and Salad Fruit</p>	<p>16/01-20/02-26/03</p> <p>Vegetable Soup Pork Loin with Apple sauce and white Rice Fruit</p>	<p>17/01-21/02-27/03</p> <p>Green Bean Soup Spanish Tortilla with Tomato Salad Jelly</p>
<p>20/01-24/02-30/03</p> <p>Carrot puree Fried Egg , Sausages, White Rice and Tomato Sauce Fruit</p>	<p>21/01-25/02-31/03</p> <p>Noodle Soup Meat with Sauce and Cubed Potatoes Custard</p>	<p>22/01-26/02-01/04</p> <p>Courgette puree Roast Hake with green sauce and potatoes Fruit</p>	<p>23/01-27/02-02/04</p> <p>Fish Soup Ham and Cheese Pizza Mixed Salad Yoghurt</p>	<p>24/01-28/02-03/04</p> <p>Canarian Stew Tuna croquettes , Corn and Pineapple Salad Fruit</p>
<p>27/01-02/03</p> <p>Tuna and Tomato Macarroni Baked Chicken Drumsticks with Tomato Salad Fruit</p>	<p>28/01-03/03</p> <p>Green Bean Puree Turkey with Apple sauce and White rice. Jelly</p>	<p>29/01-04/03</p> <p>Lentil Soup Pork Loin with mixed Fruit</p>	<p>30/01-05/03</p> <p>Watercress puree Hake fillet with Olive and Tomato Salad Yoghurt</p>	<p>31/01-06/03</p> <p>Pumpkin puree Grilled fish Fillet with green 'mojo' and stewed potatoes Yoghurt</p>
<p>03/02-09/03</p> <p>Watercress puree Pork Fillet With mash potatoes Yoghurt</p>	<p>04/02-10/03</p> <p>Cuttlefish Rice Chicken croquettes with pineapple salad Jelly</p>	<p>05/02-11/03</p> <p>Chicken soup Grilled Chicken breast with tropical Salad Fruit</p>	<p>06/02-12/03</p> <p>Vegetable Puree Beef Burgers with French Fries Custard</p>	<p>07/02-13/03</p> <p>Lentil Soup Scrambled Eggs with Courgette and Tomato Salad Yoghurt</p>

CANTEEN RULES:

- 1. HYGIENE:** Always wash your hands before entering the canteen.
- 2. ENTERING:** In order and no noise.
- 3. CLEANLINESS:** Keep the canteen clean and do not throw food on the floor
- 4. WHILE YOU EAT**
 - * Chew with your mouth closed.
 - * Speak quietly and without food in your mouth.
 - * Use your cutlery properly.
 - * Do not get food with your hands, get utensils.
- 5. WHEN YOU LEAVE:** Tidy up after yourself, leave in order.

