

MES: Octubre 2024

NEWTON COLLEGE

Lunes

Martes

Miércoles

Jueves

Viernes

	<p><b>1 Buffet de ensalada</b> Braised beans with vegetables or Gazpacho Chicken drumsticks in "chilindron" gravy with potato wedges or Squid meatballs &amp; hake in sauce Seasonal Fruit and wholemeal bread</p>	<p><b>2 Buffet de ensalada</b> Napolitan pasta with cheese or Braised green beans, carrots &amp; potatoes with ham Haddock in sauce with vegetables or Longaniza sausage Fruit &amp; Yogurt and bread</p>	<p><b>3 Buffet de ensalada</b> Vegetables cream or Rice with tomato sauce Hamburger with french fries or Baked fish Seasonal Fruit and wholemeal bread</p>	<p><b>4 Buffet de ensalada</b> Stewed lentils or Macaroni with pesto Andalusian-style hake fillet with dressed broccoli or Marinated tenderloin Fruit and ice cream and bread</p>
<p><b>7 Buffet de ensalada</b> Paella or Cream of leek Croquettes &amp; meat pastries with sautéed vegetables or Lasagna Seasonal Fruit and bread</p>	<p><b>8 Buffet de ensalada</b> Chickpeas with tomatoes &amp; eggs or Chicken soup with noodles Cheese omelette with sautéed zucchini or Squid in sauce Seasonal Fruit and wholemeal bread</p>	<p><b>9 FESTIVO</b></p>	<p><b>10 Buffet de ensalada</b> Macaroni bolognese or Cauliflower cheese with bechamel sauce Baked hake with sautéed broccoli or Spring roll Seasonal Fruit and bread</p>	<p><b>11 NO LECTIVO</b></p>
<p><b>14 Buffet de ensalada</b> Stewed lentils or Sautéed spinach with egg and ham Spanish omelette with vegetable stew or Cod delights Seasonal Fruit and bread</p>	<p><b>15 Buffet de ensalada</b> Napolitan rice or Ceci cream with potato, apple and quinoa Lean pork in sauce with sautéed green beans or Sole in green sauce Seasonal Fruit and wholemeal bread</p>	<p><b>16 Buffet de ensalada</b> Cream of legumes with croutons or Fideua (fine paella) Hake with tomato sauce with sautéed peas or Marinated tenderloin Fruit &amp; Yogurt and bread</p>	<p><b>17 Buffet de ensalada</b> Vegetables soup or Salmorejo (tomato-based soup) Baked chicken with sautéed peas with onion or Fish brandade Seasonal Fruit and wholemeal bread</p>	<p><b>18 Buffet de ensalada</b> Pasta with tuna bolognese sauce or Rural Salad Ham croquettes with vegetables or French omelette Fruit and ice cream and bread</p>
<p><b>21 Buffet de ensalada</b> Valencia style boiled vegetables or Cous cous with vegetables Chicken stew with sautéed zucchini or Hake in green sauce Seasonal Fruit and bread</p>	<p><b>22 Buffet de ensalada</b> Stew with spinach with hard-boiled egg or Fish soup Hotdogs with sautéed carrots or Vegetable wok Seasonal Fruit and wholemeal bread</p>	<p><b>23 Buffet de ensalada</b> Courgette soup with cheese or Quinoa with fresh vegetables Haddock in sauce with potato wedges or Lasagna Fruit &amp; Yogurt and bread</p>	<p><b>24 Buffet de ensalada</b> "Olleta alicantina" legume stew or Elbow macaroni with tuna (tomato and tuna) Ham omelette with boiled vegetables or Shish-kabab Seasonal Fruit and wholemeal bread</p>	<p><b>25 Buffet de ensalada</b> Baked rice or Creamed spinach Cod fritters with vegetables or Ham &amp; cheese pizza Custard and bread</p>
<p><b>28 Buffet de ensalada</b> Rioja style lentils or Seafaring stew Spanish omelette with sautéed beans or Chicken fajitas Seasonal Fruit and bread</p>	<p><b>29 Buffet de ensalada</b> Vegetable paella or Stewed chickpeas Baked dab with baked tomato or Spring roll Seasonal Fruit and wholemeal bread</p>	<p><b>30 Buffet de ensalada</b> Cream of carrot &amp; butternut squash or Salmorejo (tomato-based soup) Grilled hamburger with ratatouille or Cannelloni in Aurora sauce Fruit &amp; Yogurt and bread</p>	<p><b>31 Buffet de ensalada</b> Napolitan macaroni or Spinach with raisins Andalusian-style hake fillet with boiled vegetables or Roasted tenderloin in gravy Seasonal Fruit and wholemeal bread</p>	