

The British School of Lanzarote SL



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MENÚ



































Lunes 15/01/2018	Potaje de verduras Paella Mixta Pan y Fruta	   
Martes 16/01/2018	Crema de puerros Ropa vieja Pan y Fruta	
Miércoles 17/01/2018	Sopa de tomate Sancocho con gofio Pan y Fruta	 
Jueves 18/01/2018	Potaje de verduras con berros Ensalada de pasta con atún y huevo Pan y Yogur	   
Viernes 19/01/2018	Potaje de lentejas Muslo de pollo con guarnicion Pan y Gelatina	
Lunes 08/01/2018	Potaje de lentejas Palitos de pescado con ensalada Pan y Frutas	 
Martes 09/01/2018	Crema de zanahorias Filete de ternera con puré de papas Pan y Fruta	 
Miércoles 10/01/2018	Purée de verduras Espirales con salsa de atún Pan y Yogur	  
Jueves 11/01/2018	Potaje de garbanzos Pechuga en salsa de soja y arroz Pan y Fruta	 
Viernes 12/01/2018	Crema de Calabacín Pescado a la plancha con papas Pan y Natillas	  
Lunes 22/01/2018	Potaje de judias pintas Pescado empanado con ensalada Pan y Fruta	 
Martes 23/01/2018	Crema de champiñones Espaguetis a la Carbonara con queso Pan y Fruta	 
Miércoles 24/01/2018	Crema de calabacín Estofado Pan y Yogur	 
Jueves 25/01/2018	Crema de calabaza Tacos de atún en salsa con arroz Pan Y Piña en su jugo	 
Viernes 26/01/2018	Potaje de garbanzos Lomo y revuelto con espinacas Pan y Fruta	 

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Monday 15/01/2018	Vegetable Soup Paella Bread & Fruit	   
Tuesday 16/01/2018	Leek soup Ropa vieja (Chickpea stew) Bread & Fruit	
Wednesday 17/01/2018	Tomato soup Sancocho with gofio Bread & Fruit	 
Thursday 18/01/2018	Vegetable soup with watercress Pasta salad with egg & tuna Bread & Yoghurt	   
Friday 19/01/2018	Lentil Soup Chicken drumsticks & vegetables Bread & Jelly	
Monday 08/01/2018	Lentil soup Fish Fingers with salad Bread & Fruit	 
Tuesday 09/01/2018	Carrot soup Steak & mashed potatoes Bread & Fruit	 
Wednesday 10/01/2018	Vegetable soup Pasta spirals with tuna sauce Bread & Yoghurt	  
Thursday 11/01/2018	Chickpea soup Chicken in soya sauce with rice Bread & Fruit	 
Friday 12/01/2018	Courgette soup Grilled fish with potatoes Bread & Custard	  
Monday 22/01/2018	Red Bean soup Breaded fish with salad Bread & Fruit	 
Tuesday 23/01/2018	Mushroom soup Spaghetti Carbonara with cheese Bread & Fruit	 
Wednesday 24/01/2018	Courgette soup Meat and potato stew Bread & Yoghurt	 
Thursday 25/01/2018	Pumpkin soup Tuna chunks in sauce with rice Bread & Pineapple in syrup	 
Friday 26/01/2018	Chickpea soup Pork loin, scrambled egg & spinach Bread & Fruit	