




































The British School of Lanzarote SL



Please scroll down for the English version

MENÚ




































	Lunes 16/01/2017	Potaje de verduras Paella Mixta Pan y Fruta	   
	Martes 17/01/2017	Crema de puerros Ropa vieja Pan y Fruta	
	Miércoles 18/01/2017	Sopa de tomate Sancocho con gofio Pan y Fruta	 
	Jueves 19/01/2017	Potaje de verduras con berros Ensalada de pasta con atún y huevo Pan y Yogur	   
	Viernes 20/01/2017	Potaje de lentejas Muslo de pollo con guarnicion Pan y Gelatina	
Lunes 09/01/2017	Potaje de lentejas Palitos de pescado con ensalada Pan y Frutas	 	
Martes 10/01/2017	Crema de zanahorias Filete de ternera con puré de papas Pan y Fruta	 	
Miércoles 11/01/2017	Purée de verduras Espirales con salsa de atún Pan y Yogur	  	
Jueves 12/01/2017	Potaje de garbanzos Pechuga en salsa de soja y arroz Pan y Fruta	  	
Viernes 13/01/2017	Crema de Calabacín Pescado a la plancha con papas Pan y Natillas	  	
Lunes 23/01/2017	Potaje de judias pintas Pescado empanado con ensalada Pan y Fruta	 	
Martes 24/01/2017	Crema de champiñones Espaguetis a la Carbonara con queso Pan y Fruta	 	
Miércoles 25/01/2017	Crema de calabacín Estofado Pan y Yogur	 	
Jueves 26/01/2017	Crema de calabaza Tacos de atún en salsa con arroz Pan Y Piña en su jugo	 	
Viernes 27/01/2017	Potaje de garbanzos Lomo y revuelto con espinacas Pan y Fruta	 	

The British School of Lanzarote SL



MENU



	Monday 16/01/2017	Vegetable Soup Paella Bread & Fruit	   
	Tuesday 17/01/2017	Leek soup Ropa vieja (Chickpea stew) Bread & Fruit	
	Wednesday 18/01/2017	Tomato soup Sancocho with gofio Bread & Fruit	 
	Thursday 19/01/2017	Vegetable soup with watercress Pasta salad with egg & tuna Bread & Yoghurt	   
	Friday 20/01/2017	Lentil Soup Chicken drumsticks & vegetables Bread & Jelly	
Monday 09/01/2017	Lentil soup Fish Fingers with salad Bread & Fruit	 	
Tuesday 10/01/2017	Carrot soup Steak & mashed potatoes Bread & Fruit	 	
Wednesday 11/01/2017	Vegetable soup Pasta spirals with tuna sauce Bread & Yoghurt	  	
Thursday 12/01/2017	Chickpea soup Chicken in soya sauce with rice Bread & Fruit	  	
Friday 13/01/2017	Courgette soup Grilled fish with potatoes Bread & Custard	  	
Monday 23/01/2017	Red Bean soup Breaded fish with salad Bread & Fruit	 	
Tuesday 24/01/2017	Mushroom soup Spaghetti Carbonara with cheese Bread & Fruit	 	
Wednesday 25/01/2017	Courgette soup Meat and potato stew Bread & Yoghurt	 	
Thursday 26/01/2017	Pumpkin soup Tuna chunks in sauce with rice Bread & Pineapple in syrup	 	
Friday 27/01/2017	Chickpea soup Pork loin, scrambled egg & spinach Bread & Fruit	