# “ISAAC ALBENIZ” SCHOOL CANTEEN MENU: NOVEMBER 2015  C:\Users\Usuario\Desktop\CIP ALBENIZ\descargaESP.jpg

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **WEEK FROM 2ND TO 6TH** | **WEEK FROM 9TH TO 13TH**  | **WEEK FROM 16th  TO 20 TH**  | **week from 23rd to 27TH**  | **week from 30th** |
| MONDAY | **First course:** Hervido valenciano/ Valencian Boiled vegetables.**Second Course:** Hamburguesa casera/ Homemade hamburguer.. **Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Sopa de estrellas/star soup**Second Course:** Tortilla de patata/Spanish omelette**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Espaguetis con tomate/ Spaguetti in tomato sauce.**SecondCourse:** Pechuga a la plancha/ Grilled chicken breast**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Lentejas con chorizo/ lentils with red sausage**Second Course:** Huevos con tomate./ Eggs and tomatoe**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Vichisoisse/ Cream**Second Course:** Lomo a la plancha./ Grilled pork loin **Dessert:** Fruit or Dairy/Fruta o lacteo |
| **TUESDAY** | **First course:** Ensalada mixta/Salad**Second Course:** Paella de pollo/ Chicken paella **Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Arroz con tomate/ rice with tomato**Second Course:** Albondigas en salsa/ Sauced meatballs.**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Sopa de cocido./ Soup**Second Course:** Cocido complete/ Boiled meat and chickpeas**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Arroz a la cubana./Cuban style rice**Second Course:**Salchichas frescas/Fresh sausages**Dessert:** Fruit or Dairy/Fruta o lacteo |  |
| **WEDNESDAY** | **First course:** Macarrones gratinados/ Gratin Pasta**Second Course:** Merluza en salsa verde/ Green sauce Hake **Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Judías Pintas/Pinto Beans**Second Course:** Salmón al horno/ Cooked salmon**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Paella de marisco/Seafood paella**Second Course:** Rabas/Fried squids**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Ensaladilla rusa/ Russian salad**Second Course:** Dorada a ala espalda./ Grilled Gilt head**Dessert:** Fruit or Dairy/Fruta o lacteo |
| **THURSDAY** | **First course:** Lentejas con verduras/ Stewed lentils**SecondCourse:** Lomo adobado a la plancha/ grilled marinated pork loin**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Crema de verdura/Vegetables cream**Second Course:** Pollo asado/Roasted chicken **Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Crema De Calabacín/ Zuchinni’s cream**Second Course:** Pastel de carne./ Meat pie**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course: Patatas asadas/Grilled potatoes****Second Course: pavo asado/Roasted Turkey.****Dessert: Pumpkin pie.** |
| **FRIDAY** | **First course:** Ensalada de patata/ Potatoe salad.**Second Course:** Bacaladitos./fried codfish**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course:** Marmitako/ Stewed tuna and potatoes.**SecondCourse:** Croquetas caseras/Homemade croquettes.**Dessert:** Fruit or Dairy/Fruta o lacteo | **First course: Molinos mareados/ Dizzy mills** **Second Course: Delicias de Dulcinea/ Dulcinea’s delights****Dessert: Special Quijote’s Dessert** |  |

****

FIND GREAT SEASONAL RECIPES AND IDEAS CLICK ON…

<http://www.bbc.co.uk/food/seasons/november>

<http://www.bbc.co.uk/food/occasions/thanksgiving>

 <http://www.bbcgoodfood.com/seasonal-calendar/month/november>

 <https://en.wikipedia.org/wiki/Thanksgiving>

[http://www.marthastewart.com/856379/thanksgivingmenus/@center/276949/everything-thanksgiving](http://www.marthastewart.com/856379/thanksgivingmenus/%40center/276949/everything-thanksgiving)

**November is the “Harvest” and Thanksgiving month SO… WHY DO’T YOU TRY THIS DELICIOUS AND HEALTHY menu with your family??????**

**Traditional Thanksgiving dinner**

In many families, there's no diverging from the classic: turkey with all the trimmings. With many of these beloved foods gracing the table just once a year, favorites inevitably emerge from the family kitchen for generations.
**Main course:** [Roast Turkey](http://www.marthastewart.com/337004/roast-turkey)
**Side dishes**
[Classic Light Rolls](http://www.marthastewart.com/336211/classic-light-rolls)
[Apple-Butternut Squash Soup](http://www.marthastewart.com/284268/apple-butternut-squash-soup)
[Mashed Potatoes](http://www.marthastewart.com/343793/mashed-potatoes)
[Brussels Sprouts with Lemon and Walnuts](http://www.marthastewart.com/338278/brussels-sprouts-with-lemon-and-walnuts)
[Maple-Glazed Sweet Potatoes](http://www.marthastewart.com/338655/maple-glazed-sweet-potatoes)
[Cranberry-Ginger Jelly](http://www.marthastewart.com/333880/cranberry-ginger-jelly)
**Dessert**
[Pumpkin Pie](http://www.marthastewart.com/312705/pumpkin-pie)
[Old-Fashioned Apple Pie](http://www.marthastewart.com/344255/old-fashioned-apple-pie)

****

**TIPS FOR DINNERS**

|  |  |
| --- | --- |
| **Lunch** | **Dinner** |
| Pasta/Rice + Meat | Vegetables + Fish |
| Pasta/Rice + Fish | Vegetables + Eggs |
| Pasta/Rice + Eggs | Vegetables + Meat |
| Vegetables + Meat | Pasta/Rice + Fish |
| Vegetables + Fish | Pasta/Rice + Eggs |
| Vegetables + Eggs | Pasta/Rice + Meat |
| Legumes + Meat | Vegetables + Fish |
| Legumes + Fish | Vegetables + Eggs |
| Legumes + Eggs | Vegetables + Meat |
| Fruit | Dairy milk |
| Dairy milk | Fruit |