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

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|  | **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** |  |

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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>

**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)

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**TIPS FOR DINNERS**

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| **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 |