



endermar



**ENDER  
ADVICE**

**MARCH  
2018**

### SPRING FRUITS

Spring arrives, the first sunbean and a nature's phenomenon Worthy of being contemplated: flowering.

Spring is the color's season!

Gently, the winter citrus fruits (oranges and tangerines) are giving way to strawberries and strawberries, which are one of the fruits that contains more vitamin C and that will give us company throughout the spring.

The first plums that will reach their apogee in later life are already shy. There are reds, yellows and claws style, and they are an important source of fiber regulating intestinal transit, rich in potassium and with a high antioxidant power.

In March the senses wake up after the cold winter: colors, smells, flavors and many outdoor activities.

It's time to enjoy gastronomic events and stroll through the markets of our towns and cities discovering new products

and admiring the colors of the fields of lavender, poppies and sunflowers ..

It is recommended to savor the typical fruits of spring that last a short time but that provide us with a high content of vitamins and minerals: strawberries and strawberries, plums, medlars, apricots, lemons and cherries.

Prepare your senses, your camera and enjoy spring in our land!

# INTERNATIONAL ÁNFORA SCHOOL

			<b>Thursday 1</b> Vegetables three-color (potato, green beans and carrot) Mixed meatballs with vegetables Seasonal fruit and bread	<b>Friday 2</b> Leek and chickpeas stew Grilled halibut with salad (lettuce, tomato and olives) Seasonal fruit and bread
<b>Monday 5</b> <b>HOLIDAY</b>	<b>Tuesday 6</b> Lentils stew Omelette with salad (lettuce, tomato and corn) Yogurt and bread	<b>Wednesday 7</b> Cuban rice (tomato sauce and hard-boiled egg) Hake with green sauce Seasonal fruit and bread	<b>Thursday 8</b> Cauliflower steamed Baked chicken thighs Seasonal fruit and bread	<b>Friday 9</b> Noodles soup Breaded dab with salad (lettuce, tomato and olives) Seasonal fruit and bread
<b>Monday 12</b> Sautéed green beans Pork coppa with mushrooms sauce Seasonal fruit and bread	<b>Tuesday 12</b> Spaghetti with tomato and cheese Baked codfish with salad (lettuce, carrot and olives) Seasonal fruit and bread	<b>Wednesday 14</b> Pumpkin soup-cream <i>Chilindrón</i> turkey Seasonal fruit and bread	<b>Thursday 15</b> Valencian paella Veal burger with salad Yogurt and bread	<b>Friday 16</b> Lentils stew Spanish omelette with salad (lettuce, tomato and carrot) Seasonal fruit and bread
<b>Monday 19</b> Stewed rice with vegetables Chicken croquettes with salad (lettuce, corn and olives) Seasonal fruit and bread	<b>Tuesday 20</b> Vegetable menestra Beef stew with vegetables Seasonal fruit and bread	<b>Wednesday 21</b> Pumpkin and white beans stew <i>Vizzaina</i> dab Seasonal fruit and bread	<b>Thursday 22</b> Fusilli pasta with carbonara (cream, onion and bacon) Zucchini omelette with salad (lettuce, tomato and olives) Yogurt and bread	<b>Friday 23</b> Pea purée Beaked cod with vegetable ratatouille (courgette, peppers, eggplant and tomato) Seasonal fruit and bread
<b>Monday 26</b> Vegetable soup-cream Turkey stew Yogurt and bread	<b>Tuesday 27</b> Chickpeas soup Mixed meatballs with tomato sauce Yogurt and bread	<b>Wednesday 28</b> Macaroni with tomato Hake supreme with salad Seasonal fruit and bread	<b>Thursday 29</b> <b>EASTER WEEK</b>	<b>Friday 30</b> <b>EASTER WEEK</b>