



General menú

october

2021

MONDAY 4				TUESDAY 5				WEDNESDAY 6				THURSDAY 7				FRIDAY 1			
VEGETABLES CREAM SOUP				LENTIL STEW WITH VEGETABLES (1)				PASTASOUP (1,3)				PUMPKIN CREAM SOUP WITH GINGER				NOODLES WITH VEGETABLES & SOIASAUCE (1,3,6)			
PASTAGNOCCHI WITH 4 FORMAGGI SUACE (1,7)				HOMEMADE BREADED CHICKEN (1,3)				POTATOES & ONIONS OMELETTE (3)				BEEF STEW				SPANISH OMELETTE (3)			
MIXED SALAD WITH OLIVES				MIXED SALAD WITH TUNA (4) & MASHED POTATOES				STEAMED BROCCOLI & CARROTS				VEGETABLES & POTATOES				MIXED SALAD WITH APPLE & YOGHOURT SAUCE SEASONAL FRUIT			
SEASONAL FRUIT				SEASONAL FRUIT				YOGHOURT (7) or FRUIT				SEASONAL FRUIT				SEASONAL FRUIT			
Evening meal suggestion: <i>Vegetables au gratin with whole grain toast bread / Fruit</i>				Evening meal suggestion: <i>Vegetables cream soup & baked codfish with onions / Fruit</i>				Evening meal suggestion: <i>Legume pasta with mushrooms with curry sauce / Fruit</i>				Evening meal suggestion: <i>Mixed salad & french omelette with bread / Fruit</i>				Evening meal suggestion: <i>Pizza Margherita / Fruit</i>			
MONDAY 11				TUESDAY 12				WEDNESDAY 13				THURSDAY 14				FRIDAY 15			
MACARONI WITH PIAZZOLA SAUCE (tomato sauce, oregano, black olives) (1,3)				PUBLIC HOLIDAY				MEAT & VEGETABLES "PAELLA"				ROAST POTATOES				CARROTS & CHICK PEAS CREAM SOUP			
SCRAMBLED EGGS WITH CHEESE (3,7)								VARIETY OF CROQUETTES (1,2,3,4,12,14)				HOMEMADE TUNABURGER (3,4)				CHILI WITH BEEF MEAT & RICE			
MIXED SALAD WITH CORN								MIXED SALAD WITH TUNA (4)				MIXED SALAD WITH OLIVES				(onions, tomatoes, red pepper)			
SEASONAL FRUIT				YOGHOURT (7) or FRUIT				SEASONAL FRUIT				SEASONAL FRUIT				SEASONAL FRUIT			
Evening meal suggestion: <i>Legume pasta with vegetables & soia sauce / Fruit</i>				Evening meal suggestion: <i>Sautéed vegetables, couscous & chicken / Fruit</i>				Evening meal suggestion: <i>Boiled potatoes, vegetables & eggs / Fruit</i>				Evening meal suggestion: <i>Salad & mexican quesadillas / Fruit</i>							
MONDAY 18				TUESDAY 19				WEDNESDAY 20				THURSDAY 21				FRIDAY 22			
SEASONAL VEGETABLES PAELLA WITH GARLIC & PARSLEY				PASTASOUP (1,3)				CHICK PEASTEW WITH VEGETABLES				SPAGHETTI WITH NAPOLITANA SAUCE (1,3)				VEGETABLES CREAM SOP			
FRENCH OMELETTE (3)				BREADED HADDOCK (1,3,4)				ROAST CHICKEN WITH LEMON & THYME				GRILLED SALMON (4)				HOMEMADE MARGHERITA & CHEESE & HAM PIZZA (1,7) & MIXED SALAD WITH TUNA (4)			
TOMATO SALAD WITH BLACK OLIVES				SAUTÉED VEGETABLES WITH COUSCOUS & CUMIN (1)				MIXED SALAD WITH CORN & RATATOUILLE				SAUTÉED VEGETABLES WITH LIME & DILL				YOGHOURT (7) or FRUIT			
SEASONAL FRUIT				SEASONAL FRUIT				SEASONAL FRUIT				SEASONAL FRUIT				SEASONAL FRUIT			
Evening meal suggestion: <i>Lentil stew with vegetables & potatoes / Fruit</i>				Evening meal suggestion: <i>Mixed salad & spanish omelette / Fruit</i>				Evening meal suggestion: <i>Vegetables cream soup & croquettes / Fruit</i>				Evening meal suggestion: <i>Mixed salad & broccoli pie / Fruit</i>				Evening meal suggestion: <i>Homemade burger with grilled vegetables & potatoes / Fruit</i>			
MONDAY 25				TUESDAY 26				WEDNESDAY 27				THURSDAY 28				FRIDAY 29			
HOLIDAYS																			

Allergens

1: Gluten 2: Crustaceans 3: Egg 4: Fish 5: Peanuts 6: Soy 7: Milk 8: Nuts 9: Celery 10: Mustard 11: Sesame 12: Sulphites 13: Lupins 14: Mollusks