

NOVEMBER 2023

GENERAL MENU

		WEDNESDAY 1		THURSDAY 2		FRIDAY 3					
		 November		PUBLIC HOLIDAY 		TOMATO SOUP GRILLED SALMON WITH LIME AND GINGER SAUCE (4) RICE WITH BROCCOLI SEASONAL FRUIT Peas with potato and hard-boiled egg Seasonal fruit		NACHOS WITH GUACAMOLE (1) BAKED CHICKEN BAKED POTATO SAUTEED WITH MUSHROOMS SEASONAL FRUIT Soup + hake with green beans Seasonal fruit			
		MONDAY 6		TUESDAY 7		WEDNESDAY 8		THURSDAY 9		FRIDAY 10	
LUNCH		SALAD WITH APPLE		LENTIL STEW WITH VEGETABLES (1)		CHICKEN SOUP (1,3)		GREEK SALAD (7)		HUMUS WITH CRUDITÉS	
		VEGETABLE PASTA BOLOGNESE (1,3,6)		CHICKEN WITH PEPPER SAUCE (7)		BATTERED HADDOCK (1,4)		MIXED PAELLA (2,4,14)		BEEF LOAF IN GRAVY	
DINNER		FRENCH OMELETTE (3)		MASHED POTATO (7) AND GREEN BEANS		PEAS AND CARROTS		SEASONAL FRUIT		SWEET POTATO CHIPS	
		SEASONAL FRUIT		SEASONAL FRUIT		PUDDING (7)		SEASONAL FRUIT		SEASONAL FRUIT	
		Burger with potato and cauliflower Seasonal fruit		Vichyssoise + scrambled egg with carrot Seasonal fruit		Grilled turkey with rice and pumpkin Seasonal fruit		Soup + salmon with cherry tomato and avocado Seasonal fruit		Potato omelette with eggplant Seasonal fruit	
		MONDAY 13		TUESDAY 14 DÍA INDIO		WEDNESDAY 15		THURSDAY 16		FRIDAY 17	
LUNCH		VEGETABLE SOUP		TANDOORI POTATO		CAPRESSE SALAD(7)		BEAN STEW WITH VEGETABLES		GREEN SALAD WITH EGG (3)	
		GRILLED HAKE (4)				CHICKEN TIKKA MASALA		FISH AND CHIPS (1,4)		CHIMICHURRI CHICKEN	
DINNER		COUSCOUS WITH PUMPKIN (1)		RICE AND BROCCOLI + PAPADUM BARFI (7)		YOGURT (7)		PATATO		SEASONAL FRUIT	
		SEASONAL FRUIT		SEASONAL FRUIT		Baked turkey with rice and pepper Seasonal fruit		SEASONAL FRUIT		SEASONAL FRUIT	
		Soup + meatballs with vegetables Seasonal fruit		Spinach cream + grilled egg with sweet potato Seasonal fruit		Ham and cheese burritos with julienne cabbage Seasonal fruit		Baked cod with ratatouille and potato Seasonal fruit		Baked cod with ratatouille and potato Seasonal fruit	
		MONDAY 21		TUESDAY 22		WEDNESDAY 23		THURSDAY 24		FRIDAY 25	
LUNCH		CHICKEN SOUP (1,3)		CHICKPEA SALAD		TOMATO AND OLIVE SALAD		CAULIFLOWER AND COCONUT CREAM		MIXED SALAD WITH TUNA (4)	
		TURKEY STEW WITH VEGETABLES		TUNA BURGER (4)		PASTA WITH SPINACH PESTO (1,3)		CHILLI CON CARNE		PIZZA (1,7)	
DINNER		BULGUR (1)		POTATO WITH SOUR CREAM (7)		ZUCCHINI OMELETTE (3)		RICE		SEASONAL FRUIT	
		SEASONAL FRUIT		SEASONAL FRUIT		GELATINA		SEASONAL FRUIT		SEASONAL FRUIT	
		Pumpkin cream + croquettes with salad Seasonal fruit		Baked chicken with sweet potato and broccoli chips Seasonal fruit		Grilled hake with potatoes and green beans Seasonal fruit		Hummus + scrambled eggs with bread Seasonal fruit		Sausage with rice and sauerkraut Seasonal fruit	
		MONDAY 28		TUESDAY 29		WEDNESDAY 30		THURSDAY 31			
LUNCH		GREEN SALAD		PUMKIN SOUP		LENTIL STEW WITH VEGETABLES (1)					
		BEEF CHEESE BURGER (1,3,7,12)		GRILLED HAKE (4)		CORDON BLUE (1,3,7)					
DINNER		POTATO WEDGES		RICE WITH GREEN BEANS		MASHED POTATOES (7)					
		SEASONAL FRUIT		SEASONAL FRUIT		YOGURT (7)					
		Potato omelette with peas and carrot Seasonal fruit		Baked turkey with sweet potato and zucchini Seasonal fruit		Fish soup with rice + sea bass with tomato Seasonal fruit					

