

OCTOBER 2024
MENU **NO FISH OR SEAFOOD**



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO CREAM SOUP	HUMMUS WITH VEGGIE STICKS	SOUP WITH STAR-SHAPED PASTA (1,3)	
DINNER		CORDÓN BLUE (1,3,7)	HEURA WITH CHIMICHURRI (6)	TURKEY GOULASH WITH VEGETABLES	FALAFEL (1)	
		COUSCOUS WITH SWEETCORN (1)	BROCCOLI WITH BOILED POTATOES	BASMATI RICE	STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots.	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	
		Peas with potatoes and fried egg.	Chicken with quinoa salad	Omelette + green beans and potatoes	Spinach pureé + beef with sweetpotatoes	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
LUNCH	TOMATO AND OLIVE SALAD	LENTIL STEW (1)	CHINESE SALAD (6)	GUACAMOLE WITH VEGGIE STICKS	PANZANELLA SALAD (1)	
	GLUTEN FREE BATTERED TOFU & CHIPS (6)	GRILLED CHICKEN	SPECIAL FRIED RICE (3)	ROAST TURKEY	PASTA BOLOGNESE (1,3,6,10,12)	
	SEASONAL FRUIT	GREEN BEANS + BOILED POTATOES	SPRING ROLLS (1)	TOMBAT <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small>	SEASONAL FRUIT	
DINNER	Soup + filled aubergine	Tofu with sweetpotato and salad	Pumpkin soup + potato omelette	Boiled chickpeas with boiled potatoes + spinach croquettes	Rice salad with vegetables	
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	MIXED SALAD	CAPRESE SALAD (7)	CHICKPEA STEW	PUMPKIN SOUP	GREEN SALAD	
	ROAST CHICKEN	VEGETABLE FIDEUÁ (PASTA DISH) (1,3)	GRILLED TOFU (6)	CHEESEBURGER WITH BREAD (1,3,7)	HAM OR PEPPERONI PIZZA (1,7)	
	POTATOES IN SOUR SAUCE (7)	SEASONAL FRUIT	SAUTEED RICE WITH VEGETABLES	POTATO WEDGES	CAULIFLOWER AND COCONUT PUREÉ	
	SEASONAL FRUIT	SEASONAL FRUIT	YOGURT (7)	SEASONAL FRUIT	SEASONAL FRUIT	
DINNER	Tofu + rice and peas	Turkey with cabbage, potatoes and carrots	Fried eggs with potatoes and salad	Vegetable soup + seitán with green beans	Roast chicken with corn on the cob and mushrooms	
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
LUNCH	SALSA FRESCA	PUMPKIN SOUP	LENTIL SALAD (1)	HALLOWEEN		
	GNOCCHI CARBONARA (1,3,7)	BATTERED TOFU (6)	TURKEY CURRY	STUFFED EGGS (3,6,7)	 	
	FRENCH OMELETTE (3)	MASHED POTATOES (6)	COUS COUS (1)	MEATBALLS WITH TOMATO SAUCE (6,9,12)		
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	RICE JELLY		
DINNER	Salad with peanuts + vegan sushi	Spinach quiche with tomato salad	Pumpkin soup + pork with potatoes	Nachos with guacamole + turkey with sweetpotato.		
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT		



SIN PESCADO NI MARISCO

En este menú se evitarán todos los alimentos que contengan PESCADO O MARISCO o trazas de PESCADO O MARISCO. . Los cambios del menú basal están marcados en rojo.