

OCTOBER 2024  
GENERAL MENU



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO SOUP	HUMMUS WITH VEGGIE STICKS	SOUP WITH STAR-SHAPED PASTA (1,3)	
DINNER		CORDÓN BLUE (1,3,7)	SALMON WITH CHIMICHURRI (4)	TURKEY GOULASH WITH VEGETABLES	SQUID RINGS (1,14)	
		COUSCOUS WITH SWEETCORN (1)	BROCCOLI AND 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.	Pollo con ensalada de quinoa	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)	
	FISH & CHIPS (1,4)	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>(Moroccan dish with sliced potatoes, aubergines and red peppers)</small>	SEASONAL FRUIT	
DINNER	Soup + stuffed aubergine	Grilled sea bass 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	TUNA SALAD (4)	
	ROAST CHICKEN	VEGETABLE FIDEUÁ (PASTA DISH) (1,3)	GRILLED HAKE (4)	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	Salmon + rice and peas	Turkey with cabbage, potatoes and carrots	Fried eggs with potatoes and salad	Vegetable soup + hake 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)	<b>HALLOWEEN</b>		
	GNOCCHI CARBONARA (1,3,7)	HAKE BREADED IN CHICKPEA FLOUR (4)	TURKEY CURRY			
	FRENCH OMELETTE (3)	MASHED POTATOES (6)	COUS COUS (1)			
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT			
DINNER	Salad + salmon and prawn sushi	Spinach quiche with tomato salad	Pumpkin soup + cod with potatoes	STUFFED EGGS (3,6,7)		
	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	MEATBALLS WITH TOMATO SAUCE (6,9,12)		
				RICE		
				JELLY		
				Nachos with guacamole + turkey with sweetpotato.		
				SEASONAL FRUIT		