

GREN SALAD GREN SALAD GUITEN AND LACTOSE FREE BREADED CHICKEN COUSCOUS WITH SWEETCORN(1) SEASONAL FRUIT Pens with potentions SEASONAL FRUIT Pens with potentions SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT FISH & CHIPS (1.4) GRILLED CHICKEN GREN BRAIN'S - BOILED DOTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT FISH & CHIPS (1.4) GRILLED CHICKEN GREN BRAIN'S - BOILED DOTATOES SEASONAL FRUIT MONDAY 14 MIXED SALAD TOMATO SALAD TURESDAY 13 TURESDAY 13 TURESDAY 13 TURESDAY 14 TURESDAY 15 TURESDAY 16 TURESDAY 15 TURESDAY 16 TURESDAY 15 TURESDAY 16 TURESDAY			TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
FREE READED CHICKEN COUSCOUS WITH SWEETCORN(I) SWEETCORN(I) SWEETCORN(I) SEASONAL FRUIT Pers with polations SEASONAL FRUIT SEA	FONCH	OCTOBER OCTOBER	GREEN SALAD	TOMATO SOUP		
COUSCOUS WITH SWEETCORN(I) SWEETCORN(I) SEASONAL FRUIT Peac with pototoes SEASONAL FRUIT Peac with pototoes SEASONAL FRUIT SEA						SQUID RINGS (1,14)
Peas with polatoes SeaSonAL RRUIT SEASONAL RRUIT TUESDAY 8 MONDAY 7 TUESDAY 8 TOMATO AND OLIVE SALAD FISH & CHIPS (1.4) GRILLED CHICKEN SPECIAL FRIED RICE (3) SEASONAL RRUIT RRUES SEASONAL RRUIT SEASONAL RRUIT SEASONAL RRUIT RRUIT SEASONAL RRUIT SEASONAL RRUIT SEASONAL RRUIT SEASONAL RRUIT RRUIT SEASONAL RRUIT RRUES SEASONAL RRUIT SEASONAL RRU					BASMATI RICE	Peppers, zucchini, onions
Seasonal Ruit Seasonal Rui			SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT (6)
MONDAY 7 TUSSDAY 8 WEDNESDAY 9 TOMATO AND OLIVE SALAD GRILLED CHICKEN SALAD GRILLED CHICKEN SEASONAL FRUIT FISH & CHIPS (1.4) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT MONDAY 14 TUSSDAY 15 FISH & CHIPS (1.4) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT MONDAY 14 TUSSDAY 15 FOR WITH SEASONAL FRUIT MONDAY 15 FOR WITH SEASONAL FRUIT SEASONAL FRUIT	A A		Peas with potatoes	Chicken with quinoa salad		
TOMATO AND OLIVE SALAD GRILLED CHICKEN GREN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TOMATO SALAD GRILLED CHICKEN GREN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TUESDAY 15 SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TOMATO SALAD TOM	₫				SEASONAL FRUIT	SEASONAL FRUIT
FISH & CHIPS (1.4) GRILLED CHICKEN GREEN BEANS + BOILED POTATOES SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TUESDAY 15 FONATO SALAD GRILLED DEUA (1.3) SALTEED RICE WITHOUT CHIEFSE + BREAD (1.3) FINANTINE SEASONAL FRUIT MONDAY 14 TUESDAY 15 GRILLED CHICKEN SEASONAL FRUIT MONDAY 14 TUESDAY 15 GRILLED CHICKEN FISH & CHIPS (1.4) GRILLED CHICKEN SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TUESDAY 15 GRILLED HAKE (6) Fish with Rices saidd with vegetables separated by the vege		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
SEASONAL FRUIT MONDAY 14 TUESDAY 15 WENNESDAY 16 TURSDAY 16 TURSDAY 17 TURSDAY 18 TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD TUNA SALAD TUNA SALAD SAUTEED RICE WITH VEGETABLES SEASONAL FRUIT TURSDAY 24 TURSDAY 24 TURSDAY 25 TUNA SALAD TOMATO SALAD WITH BLACK OLIVES TOMATO SALAD WITH CHICKPLEA FLOUR(4) TURKEY CURRY TOMATO SAUCE (6, 9, 12) TOMATO			LENTIL STEW (1)	CHINESE SALAD (6)		PANZANELLA SALAD (1)
SEASONAL FRUIT MONDAY 14 TUESDAY 15 FROATOES IN VEGAN SOUR SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TUESDAY 15 FRIDAY 18 FISH with Rice solded with vegetobles seasonal fruit regetobles seasonal f	LUNCH	FISH & CHIPS (1,4)		SPECIAL FRIED RICE (3)		
SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 TUESDAY 15 MIXED SALAD TOMATO SALAD TOMATO SALAD POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 14 MIXED SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD TUNA SALAD SAUTEED RICE WITH VEGETABLES SEASONAL FRUIT SEASONA				SPRING ROLLS (1)	(Mallorcan dish with sliced potatoes,	(, , , , ,
Soup + stuffed oubergine Souph stuffed oubergine Seasonal Ruit Sweetpotato and sold my sweetpotato and sweetpotato and sold my sweetpotato and sweetpotato and sold my sweetpo		SEASONAL FRUIT	SEASONAL FRUIT		SEASONAL FRUIT	SEASONAL FRUIT
SEASONAL FRUIT SEASON	DINNER	Soup + stuffed aubergine	sweetpotato and salad	omelette	boiled potatoes + spinach	
MIXED SALAD TOMATO SALAD CHICKPEA STEW PUMPKIN SOUP TUNA SALAD TUNA SALAD ROAST CHICKEN POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT MONDAY 21 TUSDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN MEATBALLS WITH CARBONARA (1.3.7) FRENCH OMELLETTE(3) SEASONAL FRUIT TOMATO SALAD WITH BLACK OLIVES SEASONAL FRUIT						
ROAST CHICKEN POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT SE		MONDAT 14	IUESDAT 15	WEDNESDAT 16	INUKSDAT 17	FRIDAT 18
POTATOES IN VEGAN SOUR SAUCE SEASONAL FRUIT MONDAY 21 TUESDAY 22 WEDNESDAY 30 THURSDAY 24 FRIDAY 25 MONDAY 28 TUESDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN TOMATO SALAD WITH BLACK OLIVES VEGETABLE GNOCCHI CARBONARA (1,3,7) FRENCH OMELLETTE(3) SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT TURKEY CURRY MEATBALLS WITH TOMATO SALAD WITH TOMATO SALAD WITH TOMATO SAUCE (6,9,12) FRENCH OMELLETTE(3) SEASONAL FRUIT	LUNCH	MIXED SALAD	TOMATO SALAD	CHICKPEA STEW	PUMPKIN SOUP	TUNA SALAD
SOUR SAUCE SEASONAL FRUIT SEASONAL FRUIT SOUR SAUCE SEASONAL FRUIT SEASONAL		ROAST CHICKEN		GRILLED HAKE (6)		
SEASONAL FRUIT SEASON		SOUR SAUCE	SEASONAL FRUIT	VEGETABLES		COCONUT PUREÉ
SEASONAL FRUIT SEASON	OINNER	Salmon + rice and peas				
MONDAY 28 TUESDAY 29 WEDNESDAY 30 THURSDAY 31 HALLOWEEN SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO SALAD WITH BLACK OLIVES VEGETABLE GNOCCHI CARBONARA (1,3,7) HAKE BREADED WITH CHICKPLEA FLOUR(4) FRENCH OMELLETTE(3) SEASONAL FRUIT SEA		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO SALAD WITH BLACK OLIVES VEGETABLE GNOCCHI CARBONARA (1,3,7) FRENCH OMELLETTE(3) SEASONAL FRUIT SEASON		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO SALAD WITH BLACK OLIVES VEGETABLE GNOCCHI CARBONARA (1,3,7) FRENCH OMELLETTE(3) SEASONAL FRUIT SEASON						**
SALSA FRESCA PUMPKIN SOUP LENTIL SALAD (1) TOMATO SALAD WITH BLACK OLIVES VEGETABLE GNOCCHI CARBONARA (1,3,7) FRENCH OMELLETTE(3) SEASONAL FRUIT SEASON		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
FRENCH OMELLETTE(3) MASHED POTATOES (6) COUSCOUS (1) RICE SEASONAL FRUIT SEASONAL FRUIT JELLY Salad + salmon and prawn sushi Lactose free spinach quiche and tomato salad Pumpkin soup + cod with potatoes Gluten free nachos with guacamole + turkey with sweetpotato.		SALSA FRESCA	PUMPKIN SOUP	LENTIL SALAD (1)	TOMATO SALAD WITH	
SEASONAL FRUIT SUBJECT SUBJECT SUBJECT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SUBJECT SUBJECT SUBJECT SUBJECT SUBJECT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SUBJECT SUBET SUBJECT SUBJECT SUBJECT SUBJECT SUBJECT SUBJECT SUBJECT	LUNCH			TURKEY CURRY		
Salad + salmon and prawn sushi Lactose free spinach quiche and tomato salad Pumpkin soup + cod with potatoes Gluten free nachos with guacamole + turkey with sweetpotato.		FRENCH OMELLETTE(3)	MASHED POTATOES (6)	COUSCOUS (1)	RICE	
Salada + saimon ana prawn sushi sushi and tomato salad Pumpkin soup + cod with sweetpotato.		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	JELLY	
SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT SEASONAL FRUIT	ZNER				guacamole + turkey with	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT		



NO LACTOSA

En este menú se evitarán todos los alimentos que contengan LACTOSA O LACTEOS o trazas . Este menú puede contener proteina de la leche de vaca y ternera. En caso que el alumno no pueda comer proteina de la leche de vaca (pvl) o ternera, que avise a cocina ya que se le tendrá que hacer un menú especial. Los cambios del menú basal están marcados en rojo.





