

OCTOBER 2024
VEGAN MENU



		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
LUNCH		GREEN SALAD	TOMATO SOUP	HUMMUS WITH VEGGIE STICKS	VEGGIE SOUP (1,3)	
		GLUTEN FREE BREADED AUBERGINE	HEURA WITH CHIMICHURRI (6)	TOFU STEW WITH VEGETABLES (6)	FALAFEL (1)	
DINNER		COUSCOUS WITH SWEETCORN (1)	BROCCOLI AND BOILED POTATOES	BASMATI RICE	STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots.	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT (6)	
		Peas with potatoes and nuts	Quinoa salad with veggies	Vegan omelette + green beans and potatoes	Spinach pureé + seitan with sweetpotatoes	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	
		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
LUNCH	GLUTEN FREE BATTERED TOFU & CHIPS (6)	TOMATO AND OLIVE SALAD	LENTIL STEW (1)	VEGAN CHINESE SALAD (6)	GUACAMOLE WITH VEGGIE STICKS	PANZANELLA SALAD (1)
			GRILLED HEURA (6)	SPECIAL FRIED RICE (vegan)	VEGAN SAUSAGE (6)	TUMBET <small>(Mallorcan dish with sliced potatoes, aubergines and red peppers)</small>
	GREEN BEANS + BOILED POTATOES	SPRING ROLLS (1)				
		SEASONAL FRUIT	SEASONAL FRUIT	VEGAN CHINESE FLAN (6)	SEASONAL FRUIT	SEASONAL FRUIT
DINNER		Soup + filled aubergine	Tofu with sweetpotato and salad	Pumpkin soup and mashed potatoes	Boiled chickpeas with boiled potatoes + spinach croquettes EGG FREE	Rice and vegetable salad
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH		MIXED SALAD	TOMATO SALAD	CHICKPEA STEW	PUMPKIN SOUP	GREEN SALAD
		ROAST Heura (6)	VEGETABLE FIDEUÁ (1,3)	GRILLED TOFU (6)	VEGAN BURGER AND BREAD (1,6)	VEGGIE PIZZA (1)
		POTATOES IN VEGAN SOUR SAUCE		SAUTEED RICE WITH VEGETABLES	POTATO WEDGES	CAULIFLOWER AND COCONUT PUREÉ
		SEASONAL FRUIT	SEASONAL FRUIT	SOY YOGURT (6)	SEASONAL FRUIT	SEASONAL FRUIT
DINNER		Tofu + rice and peas	Beans with cabbage, potatoes and carrots	Potatoes filled with texturised soy and salad	Vegetable soup +Seitan with green beans	QUINOA WITH VEGGIES AND NUTS
		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	
		GNOCCHIS AND VEGGIE CARBONARA (1,3,7)	BREADED TOFU(6)	HEURA CURRY (6)	TOMATO AND OLIVE SALAD	
		VEGAN OMELLETTE	MASHED POTATOES (6)	COUSCOUS (1)	SOY MEATBALLS WITH TOMATO SAUCE (6)	
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	RICE	
DINNER		Salad + Nuts and vegan sushi	Vegan spinach pastry and tomato salad	Pumpkin soup +Peas with potatoes	JELLY	Gluten free nachos with guacamole + tofu with sweetpotato.
		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT



VEGETARIANO VEGANO

En este menú se evitarán todos los alimentos que contengan CARNE O PESCADO O HUEVOS O LÁCTEOS. Entendemos por vegetariano vegano aquellas personas que no comen carne ni pescado ni huevos ni lácteos. Los cambios del menú basal están marcados en rojo.