

OCTOBER 2024
VEGETARIAN 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 COUSCOUS WITH SWEETCORN (1) SEASONAL FRUIT	HEURA WITH CHIMICHURRI (4) BROCCOLI AND BOILED POTATOES SEASONAL FRUIT	TOFU STEW WITH VEGETABLES (6) BASMATI RICE SEASONAL FRUIT	FALAFEL (1) STIR-FRIED VEGGIES: Peppers, zucchini, onions and carrots. YOGURT (7)	
DINNER		Peas with potatoes and nuts SEASONAL FRUIT	Quinoa salad with veggies SEASONAL FRUIT	omelette + green beans and potatoes SEASONAL FRUIT	Spinach pureé + seitan with sweetpotatoes SEASONAL FRUIT	
		MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
LUNCH	GLUTEN FREE BATTERED TOFU & CHIPS (6) SEASONAL FRUIT	TOMATO AND OLIVE SALAD LENTIL STEW (1) GRILLED HEURA (6) GREEN BEANS + BOILED POTATOES SEASONAL FRUIT	VEGAN CHINESE SALAD (6) SPECIAL FRIED RICE (3) SPRING ROLLS (1) CHINESE FLAN (3,7)	GUACAMOLE WITH VEGGIE STICKS VEGAN SAUSAGE (6) TUMBET (Mallorcan dish with sliced potatoes, aubergines and red peppers) SEASONAL FRUIT	PANZANELLA SALAD (1) PASTA BOLOGNESE (WITH TEXTURISED SOY) (1,3,6,10) SEASONAL FRUIT	
		Soup + filled aubergine SEASONAL FRUIT	Tofu with sweetpotato and salad SEASONAL FRUIT	Pumpkin soup and mashed potatoes SEASONAL FRUIT	Boiled chickpeas with boiled potatoes + spinach croquettes SEASONAL FRUIT	Rice and vegetable salad SEASONAL FRUIT
		MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
LUNCH	MIXED SALAD ROAST Heura (6) POTATOES IN SOUR SAUCE (7) SEASONAL FRUIT	CAPRESE SALAD (7) VEGETABLE FIDEUÁ (1,3) SEASONAL FRUIT	CHICKPEA STEW GRILLED TOFU (6) SAUTEED RICE WITH VEGETABLES YOGURT (7)	PUMPKIN SOUP VEGAN BURGER WITH CHEESE AND BREAD (1,3,6,7) POTATO WEDGES SEASONAL FRUIT	GREEN SALAD VEGGIE PIZZA (1, 7) CAULIFLOWER AND COCONUT PUREÉ SEASONAL FRUIT	
		Tofu + rice and peas SEASONAL FRUIT	Beans with cabbage, potatoes and carrots SEASONAL FRUIT	Fried eggs and salad SEASONAL FRUIT	Vegetable soup +Seitan with green beans SEASONAL FRUIT	QUINOA WITH VEGGIES AND NUTS SEASONAL FRUIT
		MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
		MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY 25
LUNCH	SALSA FRESCA GNOCCHIS AND VEGGIE CARBONARA (1,3,7) OMELETTE (3) SEASONAL FRUIT	PUMPKIN SOUP BREADED TOFU(6) MASHED POTATOES (6) SEASONAL FRUIT	LENTIL SALAD (1) HEURA CURRY (6) COUSCOUS (1) SEASONAL FRUIT	HALLOWEEN STUFFED EGGS (3,6,7) SOY MEATBALLS WITH TOMATO SAUCE (6) RICE JELLY		
		Salad + Nuts and vegan sushi SEASONAL FRUIT	Spinach quiche and tomato salad SEASONAL FRUIT	Pumpkin soup +Peas with potatoes SEASONAL FRUIT	Nachos with guacamole + tofu with sweetpotato. SEASONAL FRUIT	



VEGETARIANO

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