



NOVEMBER 2024

FISH AND SEAFOOD FREE MENU



					FRIDAY 1ST	
						
					FRIDAY 8TH	
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH		
LUNCH	TOMATO AND OLIVE SALAD SPINACH PESTO PASTA (1,3,6,10) FRENCH OMELETTE (3) SEASONAL FRUIT	LENTIL CREAM SOUP WITH PUMPKIN (1) TOFU ROASTED WITH GARLIC AND PARSLEY (6) ROAST POTATOES SEASONAL FRUIT	APPLE SALAD CHICKEN TIKKA MASSALA COUSCOUS WITH CARROTS (1) YOGURT (7)	CHICKPEA HUMMUS WITH VEGGIE STICKS VEGETABLE PAELLA SEASONAL FRUIT	SOUP (1,3,6,10) CORDÓN BLUE (1,3,7) GREEN BEANS AND POTATOES SEASONAL FRUIT	
SUPPER	Chicken croquettes and vegetables seasonal fruit	French omelette with rice and peas seasonal fruit	Grilled sea bass with broccoli and potatoes seasonal fruit	Mexican burritos with vegetables seasonal fruit	Grilled cod with rice and salad seasonal fruit	
					FRIDAY 15TH	
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH		
LUNCH	BEAN STEW WITH VEGETABLES GRILLED TOFU WITH TOMATO AND VEGAN CREAM SAUCE (6) MASHED POTATO SEASONAL FRUIT	CARROT AND GINGER CREAM SOUP TURKEY GOULASH WHITE RICE SEASONAL FRUIT	GREEN SALAD WITH EGGS (3) BEEF LASAGNA (1,3,7) VANILLA PUDDING (7)	MIXED SALAD VEGAN BURGER AND CHIPS (6) SEASONAL FRUIT	MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY BULGUR WHEAT AND STEAMED BROCCOLI(1) SEASONAL FRUIT	
SUPPER	Quinoa salad with a boiled egg seasonal fruit	Grilled heura with zucchini and potatoes seasonal fruit	Rice soup and chicken with cabbage seasonal fruit	Spanish omelette with salad and tomato toast seasonal fruit	Grilled tofu with green beans and carrots seasonal fruit	
					FRIDAY 22ND	
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND		
LUNCH	CAULIFLOWER AND COCONUT CREAM SOUP PASTA NAPOLITANA (1,3,6,10) SCRAMBLED EGGS (3) SEASONAL FRUIT	SOUP WITH NOODLES (1,3,6,10) GRILLED TOFU(6) SAUTEED PEAS AND CARROTS SEASONAL FRUIT	NACHOS WITH GUACAMOLE (1)  CHILLI CON CARNE BASMATI RICE FLAN (3, 7)	GREEK SALAD (7) PEPPERED CHICKEN COUSCOUS WITH VEGETABLES (1) SEASONAL FRUIT	SALAD PIZZA (1,7) SEASONAL FRUIT	
SUPPER	Grilled chicken with potatoes and spinach seasonal fruit	Cream of vegetables soup and spanish omelette seasonal fruit	Grilled tofu with boiled carrots and sweetcorn seasonal fruit	Soup + beef meatballs and vegetables seasonal fruit	Toast with tomato puree and cheese + salad seasonal fruit	
					FRIDAY 29TH	
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH		
LUNCH	LENTIL STEW (1) ZUCCHINI TORTILLA (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT	CEASER SALAD (1,7) VEGETABLE FIDEUÁS (1,3,6,10) SEASONAL FRUIT	GREEN SALAD BEEF HAMBURGER (1,3,7,12) OVEN BAKED POTATO WEDGES YOGURT (7)	CHICKPEA STEW WITH VEGETABLES CHICKEN WITH CHIMICHURRI BULGUR WHEAT (1) SEASONAL FRUIT	SOUP (1,3,6,10) TOFU BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT	
SUPPER	Grilled turkey with mashed potatoes and green beans	Cauliflower and potatoes with a boiled egg	Grilled tofu with rice and broccoli	Zucchini tortilla + tomato salad	PUMPKIN SOUP + CHICKEN CROQUETTES	