



NOVEMBER 2024
PORK MEAT FREE MENU



| | | | | | FRIDAY 1ST | |
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| | | | | |  | |
| 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) HAKE ROASTED WITH GARLIC AND PARSLEY (4) ROAST POTATOES SEASONAL FRUIT | APPLE SALAD CHICKEN TIKKA MASSALA COUSCOUS WITH CARROTS (1) YOGURT (7) | CHICKPEA HUMMUS WITH VEGGIE STICKS MIXED PAELLA (2,4,14) SEASONAL FRUIT | SOUP (1,3,6,10) FALAFEL (1) 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 veggies seasonal fruit | Grilled cod with rice and salad seasonal fruit | |
| MONDAY 11TH | TUESDAY 12TH | WEDNESDAY 13TH | THURSDAY 14TH | FRIDAY 15TH | | |
| LUNCH | BEAN STEW WITH VEGETABLES GRILLED SALMON WITH TOMATO AND VEGAN CREAM SAUCE (4) 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 FISH AND CHIPS (1,4) SEASONAL FRUIT | MALLORCAN CHICKPEA SALAD ROAST CHICKEN SEASONED WITH LEMON AND ROSEMARY BULGUR WHEAT AND STEAMED BROCCOLI(1) SEASONAL FRUIT | |
| SUPPER | Ensalada de quinoa con huevo duro seasonal fruit | Grilled hake with zucchini and potatoes seasonal fruit | Rice soup and chicken with cabbage seasonal fruit | Spanish omelette with salad and tomato toast seasonal fruit | Grilled seabream with green beans and carrots seasonal fruit | |
| 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) TUNA BURGER (3,4) 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 | TUNA SALAD (4) VEGETARIAN PIZZA (1,7) SEASONAL FRUIT | |
| SUPPER | Grilled chicken with potatoes and spinach seasonal fruit | Cream of vegetables soup and spanish omelette seasonal fruit | Grilled hake with boiled carrots and sweetcorn seasonal fruit | Soup + beef meatballs and vegetables seasonal fruit | Toast with tomato puree and cheese + salad seasonal fruit | |
| 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) MIXED FIDEUAS (1,2,3,4,6,10,14) 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) HAKE BREADED IN CHICKPEA FLOUR SAUTEED VEGGIES: GREEN BEANS, CARROTS AND SWEETCORN SEASONAL FRUIT | |
| | Grilled turkey with mashed potatoes and green beans | Cauliflower and potatoes with a boiled egg | Grilled salmon with rice and broccoli | Zucchini tortilla + tomato salad | PUMPKIN SOUP + CHICKEN CROQUETTES | |