

OCTOBER 2025
GENERAL MENU



| | | | Wednesday 1st | Tuesday 2nd | Friday 3rd |
|--------|--|--|--|--|---|
| LUNCH | | | TOMATO AND OLIVE SALAD FISH & CHIPS (1,4) YOGURT (7) | PUMPKIN SOUP CHICKEN CURRY BASMATI RICE SEASONAL FRUIT | LENTIL STEW(1) SPANISH OMELETTE(3) GREEN BEANS AND CARROTS SEASONAL FRUIT |
| SUPPER | | | Grilled eggs with peas and carrots + fruit | Baked hake with rice and broccoli + fruit | Grilled turkey with mushrooms and sweet potato purée |
| | Monday 6th | Tuesday 7th | Wednesday 8th | Thursday 9th | Friday 10th |
| LUNCH | CHINESE SALAD SPECIAL FRIED RICE OMELETTE (3) SEASONAL FRUIT | CHICKPEA SALAD BAKED SALMON(4) MASHED POTATOES SEASONAL FRUIT | TROPICAL SALAD TURKEY WITH CHIMICHURRI BULGUR WITH VEGGIES (1) YOGURT (7) | SOUP (1,3,6,10) BATTERED HAKE WITH CHICKPEA FLOUR(4) GREEN BEANS AND CARROTS SEASONAL FRUIT | GREEK SALAD (7) COMPLETE BURGER (1,3,7) OVEN ROAST POTATOES SEASONAL FRUIT |
| SUPPER | Grilled chicken with green beans and potato SEASONAL FRUIT | Carrot cream soup + scrambled egg with bread and tomato SEASONAL FRUIT | Monkfish soup with vegetables and rice SEASONAL FRUIT | Ham and cheese crêpe + mixed vegetable stew SEASONAL FRUIT | Couscous with vegetables and beans SEASONAL FRUIT |
| | Monday 13th | Tuesday 14th | Wednesday 15th | Thursday 16th | Friday 17th |
| LUNCH | GREEN SALAD WITH EGGS (3) PASTA WITH PESTO (1,3,6,7,8,10) SEASONAL FRUIT | LENTIL STEWS (1) SQUID STRIPS (1,2,3,4,7,14) TOMATO, LAMB'S LETTUCE, AND OLIVE SALAD SEASONAL FRUIT | VICHYSOISE MEATBALLS WITH TOMATO SAUCE (6,9,12) WHITE RICE JELLY | HUMMUS WITH VEGGIE STICKS BAKED HAKE (4) MASHED POTATOES SEASONAL FRUIT | GAZPACHO OVEN ROAST CHICKEN WITH LEMON AND ROSEMARY FRIES SEASONAL FRUIT |
| SUPPER | Pork filet with boiled potatoes and ratatouille SEASONAL FRUIT | French omelette with quinoa salad SEASONAL FRUIT | Soup + boiled chicken with green beans SEASONAL FRUIT | Eggplant moussaka with minced meat SEASONAL FRUIT | Baked sea bass with carrot and peas SEASONAL FRUIT |
| | Monday 20th | Tuesday 21st | Wednesday 22nd | Thursday 23rd | Friday 24th |
| LUNCH | PUMPKIN SOUP OMELETTE WITH COURGETTES (3) RICE WITH TOMATO SAUCE SEASONAL FRUIT | CEASAR SALAD (1,3,7,9) HAKE (4) TUMBET SEASONAL FRUIT | BEAN SALAD PASTA CARBONARA (1,3,6,7) SEASONAL FRUIT | FISH SOUP(4) SLOWCOOKED CHICKEN STEW SEASONAL FRUIT | TUNA SALAD(4) PIZZA (1,7) YOGURT (7) |
| SUPPER | Grilled chicken with mushrooms and rice SEASONAL FRUIT | Vegan Fajitas SEASONAL FRUIT | Quinoa with vegetables + stew croquettes SEASONAL FRUIT | Zucchini omelette + carrot and broccoli SEASONAL FRUIT | Cod with potato and red pepper SEASONAL FRUIT |