

NOVEMBER 2025

GENERAL MENU



	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
LUNCH	SALAD WITH APPLES MEATBALLS WITH TOMATO SAUCE (6,9,12) COUSCOUS SEASONAL FRUIT	HUMMUS WITH VEGGIE STICKS MAC AND CHEESE (1,3,6,10) FRUIT SALAD	COCONUT AND CAULIFLOWER CREAM SOUP POKE BOWL WITH EDAMAME, SALMON, AVOCADO, CORN, RICE AND SOY SAUCE (4,6) SEASONAL FRUIT	MINESTRONE SOUP WITH EGG (1,3,6,10) ROAST CHICKEN OVEN ROAST POTATOES SEASONAL FRUIT	WALDORF SALAD (3,9,6,10) LENTIL DAAL WITH RICE(1) PUDDING (7)
SUPPER	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 10TH	TUESDAY 11TH (Mexican Day)	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
LUNCH	CHICKPEA SALAD PESTO PASTA (1,3,6,7,10) SEASONAL FRUIT	NACHOS WITH CHEESE AND GUACAMOLE (1,7) CHICKEN FAJITAS (1) SEASONAL FRUIT	CEASAR SALAD(1,7,9) BREADED HAKE (4) POTATOES YOGHURT (7)	MIXED SALAD WITH EGGS CHILLI CON CARNE RICE SEASONAL FRUIT	PUMPKIN SOUP FISH AND CHIPS (1,2,3,4,6,8,10,11,14) FRUIT SALAD
SUPPER	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
LUNCH	CHINESE SALAD (6) SPRING ROLLS (1) SPECIAL FRIED RICE (3) SEASONAL FRUIT	CARROT SOUP (1,9) PASTA CARBONARA (1,3,6,10) FRUIT SALAD	LENTIL STEW (1) CHICKEN TENDERS WITH TERIYAKI SAUCE AND CORN ON THE COB (1,6) SEASONAL FRUIT	CHICKEN SOUP (1,3,6,10) BAKED SOLE WITH PEPPER SAUCE (4) JELLY	TZATZIKI WITH VEGGIE STICKS (7) HAMBURGERS WITH FRIES (1,7,12) SEASONAL FRUIT
SUPPER	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
LUNCH	PASTA SALAD (1,3,6,10) CALAMARI STRIPS (1,2,4,3,6,7,9,10,14) PEAS AND CARROTS SEASONAL FRUIT	VEGETABLE CREAM SOUP SPANISH OMELETTE (3) RICE WITH TOMATO SAUCE YOGHURT (7)	GREEK SALAD (7) CHICKEN CURRY WITH COUSCOUS (1) SEASONAL FRUIT	CHICKPEA STEW VEGETABLE NOODLES (1,3,6,10) SEASONAL FRUIT	TUNA SALAD (4) PIZZA (1,3,4,7,9,12) FRUIT SALAD

NOVEMBER 2025
GENERAL MENU



SUPPER	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT
--------	----------------	----------------	----------------	----------------	----------------