

January 2026
GENERAL MENU



			WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH
LUNCH			STAFF	MINESTRONE SOUP WITH EGGS (1,3,6,10) OVEN ROAST CHICKEN WITH POTATOES SEASONAL FRUIT	COURGETTE CREAM SOUP RED LENTIL DAL WITH COCONUT MILK AND WHITE RICE (1) FRUIT SALAD
SUPPER				Baked cod with pisto and couscous SEASONAL FRUIT	Grilled pork loin with sweet potato and Brussels sprouts SEASONAL FRUIT
	MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH
LUNCH	MIXED SALAD WITH EGGS (3) PESTO PASTA WITH CHEESE (1,3,6,7,10) SEASONAL FRUIT	GERMAN DAY WALDORF SALAD (lettuce, parsnip, apples, sultanas and mayo) (3,9,6,10) CURRYWURST WITH POTATOES (1,6,12) SEASONAL FRUIT	SOUP WITH NOODLES AND CHICKPEAS (1,3,6,10) HAKE WITH GARLIC AND PARSLEY SAUCE(4) PEAS AND CARROTS NATILLA (7)	POTATO AND LEEK CREAM SOUP (6) CHILY CON CARNE BASMATI RICE SEASONAL FRUIT	APPLE SALAD CHICKEN STRIPS WITH TERRIYAKI SAUCE AND CORN ON THE COB (1,6) SEASONAL FRUIT
SUPPER	Salmon with mashed potatoes and peas SEASONAL FRUIT	Spinach cream + scrambled eggs with baby carrots SEASONAL FRUIT	Chicken wings with corn on the cob and zucchini SEASONAL FRUIT	Grilled hake with potato and green beans SEASONAL FRUIT	Soup + grilled eggs with broccoli SEASONAL FRUIT
	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
LUNCH	NO SCHOOL	NO SCHOOL	SOUP WITH STAR SHAPED PASTA (1,3,6,10) SQUID STRIPS WITH GREEN BEANS SAUTEED WITH BACON (1,2,4,3,6,7,9,10,14) SEASONAL FRUIT	PUMPKIN AND ORANGE CREAM SOUP CHICKEN WITH PEPPERCORN SAUCE AND RICE (7) SEASONAL FRUIT	CHICKPEA SALAD BURGERS WITH FRIES (1,7,12) FRUIT SALAD
SUPPER			Grilled eggs with eggplant and sweet potato chips SEASONAL FRUIT	Quinoa with vegetables and cheese SEASONAL FRUIT	Vegetable purée + monkfish with potato SEASONAL FRUIT
	MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH
LUNCH	LENTIL STEW (1) YAKISOBA (FRIED NOODLES WITH CHICKEN, VEGETABLE AND SOY SAUCE) (1,3,6,10) SEASONAL FRUIT	MINESTRONE SOUP WITH EGGS (1,3,6,10) BREADED HAKE WITH STEAMED BROCCOLI (4)	NACHOS WITH CHEESE AND GUACAMOLE (1,7) TURKEY AND VEGETABLE FAJITAS (1)	CAULIFLOWER CREAM SOUP SOLE FISH WITH PEPPER SAUCE AND ROAST POTATOES (4)	TUNA SALAD (4) PIZZA (1,3,4,7,9,12)
SUPPER	Bacon quiche with sautéed vegetables SEASONAL FRUIT	Chicken burger with sauerkraut and mashed potatoes SEASONAL FRUIT	Chickpea hummus + grilled salmon with broccoli SEASONAL FRUIT	Noodle soup with chicken and cabbage SEASONAL FRUIT	Mushroom cream soup + pork loin in sauce with rice SEASONAL FRUIT

