



October 2024



Monday 30th September		Tuesday 1st Oct		Wednesday 2nd Oct		Thursday 3rd Oct		Friday 4th Oct	
1	Mixed Salad	1	Carrot , cucumber sticks	1	Green Salad	1	Lentils	1	Pasta Salad
2	Beef Lasagne & Garlic Bread	2	Chicken Curry with rice	2	Fried Fish, wedges, vegetables	2	Spanish Homelet with Mix salad	2	Beef burger with chips
2	Veg Lasagne & Garlic Bread	2	Veg Chilli with Rice	2	Battered Vegetables, wedges	2	Spanish Homelet with Mix salad	2	Veg Burger with chips
3	Fruit	3	Drinking yogurt	3	Fruit	3	Lemon Cake	3	Fruit
Monday 7th Oct		Tuesday 8th Oct		Wednesday 9th Oct		Thursday 10th Oct		Friday 11th Oct	
1	Lettuce corn, black olives salad	1	Pasta Salad	1	Malagueña Salad	1	Cream Courgette Soup	1	Mixed Salad
2	Pasta Bolognaise	2	Chicken Goujons potatoes and peas	2	Fish Paella	2	Chicken, Vegetables and wedges	2	Sausages, mash potatoes and Beans
2	Pasta in Tomato sauce	2	Potatoes and peas	2	Fish Paella	2	Vegetables with diced tomato	2	Turkey Sausages, mash potatoes
3	Fruit	3	Custard	3	Fruit	3	Cheese Cake	3	Fruit
Monday 14th		Tuesday 15th		Wednesday 16th		Thursday 17th		Friday 18th	
1	Mixed Salad	1	Tomatoes cucumber	1	Green Salad	1	Pumpkin Cream	1	Mixed Salad
2	Meatballs in sauce with diced potaotes	2	Cottage Pie	2	Baked fish, wedges carrots	2	Chicken Enchiladas and rice	2	Ham or Tuna Pizza with Chips
2	Vegatarian Meatballs with diced potatoes	2	Veg Cottage Pie	2	Baked fish, wedges carrots	2	Vegetarian enchiladas with	2	Cheese/Tuna Pizza with Chips
3	Fruit	3	Strawberry Yogurt	3	Fruit	3	3 chocolate cake	3	Fruit
Monday 21st		Tuesday 22nd		Wednesday 23rd		Thursday 24th		Friday 25th	
1	Mixed Salad	1	Greek Salad	1	Tuna, corn and olives salad	1	Chickpea Soup	1	Russian Salad
2	Napolita Pasta with Garlic bread	2	Beef Burritos with rice	2	Fish Fideguá	2	Battered Chicken with Salad	2	Beef stew with diced potatoes
2	Napolita Pasta with Garlic bread	2	Veg Burritos with Rice	2	Fish Fideguá	2	Battered vegies	2	Veggie stew with dices potatoes
3	Fruit	3	Jelly	3	Fruit	3	Blackforrest Cake	3	Fruit



Octubre 2024



		Martes 1 octubre		Miércoles 2 octubre		Jueves 3 octubre		viernes 4 octubre	
1	Ensalada Mixta	1	Bastoncitos de zanahoria y pepino	1	Ensalada Verde	1	Crema Calabacín	1	Ensalada Pasta
2	Lasaña de ternera	2	Pollo al curry con arroz	2	Pescado Frito con patátas cocidas y menestra	2	Pollo con verduras patatas cocidas	2	Hamburguesa Irlandesa con Patatas fritas
2	Lasaña vegetariana	2	Curry con arroz	2	Pescado Frito con patatas y menestra	2	Verduras con Patatas de dados	2	Pisto de verduras
3	Fruta	3	Yogur bebible	3	Fruta	3	Tarta de Queso frutos Rojos	3	Fruta
LUNES 7		MARTES 8		MIERCOLES 9		JUEVES 10		VIERNES 11	
1	Ensalada de lechuga,maiz, aceitunas negras	1	Ensalada Pasta	1	Ensalada Malagueña	1	Lentejas	1	Ensalada Mixta
2	Pasta Boloñesa	2	Goujons de pollo, patatas y guisantes	2	Paella de pescado	2	Tortilla de Patatas ensalada Mixta	2	Salchichas, puré patatas y alubias
2	Pasta Napolitana con pan de ajo	2	Tortilla de patatas con tomate	2	Paella vegetariana	2	Tortilla de Patatas ensalada Mixta	2	salchichas de Pavo y puré de patatas
3	Fruta	3	Flan Vainilla	3	Fruta	3	Tarta de Limón	3	Fruta
LUNES 14		MARTES 15		MIERCOLES 16		JUEVES 17		VIERNES 18	
1	Ensalada Mixta	1	Tomate y Pepino	1	Ensalada Verde	1	Crema Calabaza	1	Ensalada Mixta
2	Albondigas Vegetarianas en salsa con patátas	2	Pastel de Carne	2	Pescado al horno, wedges, zanahorias	2	Enchiladas de Pollo y Arroz	2	Pizza Jamón/Atún
3	Albondigas Vegetarianas en salsa con patátas	2	Pastel vegetariano	2	Pescado al horno con patatas y verduras	2	Enchilada Vegetariana con Arroz	2	Pizza tomate y queso/Atún
3	Fruta	3	Yogurt de fresa	3	Fruta	3	Tarta 3 chocolates	3	Fruta
LUNES 21		MARTES 22		MIERCOLES 23		JUEVES 24		VIERNES 25	
1	Ensalada Mixta	1	Ensalada Griega	1	Ensalada con atún maíz y aceitunas	1	Potaje de garbanzos	1	Ensaladilla Rusa
2	Pasta Napolitana con pan de ajo	2	Burritos de ternera y arroz	2	Fideguá de pescado	2	Filete de pollo empanado /Ensalada	2	Estofado de ternera con patatas dado
2	Pasta Napolitana con pan de ajo	2	Burritos vegetarianos y arroz	2	Fideguá de pescado	2	Verduras empandas	2	Estofado vegetariano con patatas dado
3	Fruta	3	Gelatina	3	Fruta	3	Tarta Limón	3	Fruta

