



November 2025



Monday 3rd Nov		Tuesday 4th Nov		Wednesday 5th Nov		Thursday 6th Nov		Friday 7th Nov	
1	Mixed Salad	1	Spring Roll	1	Tomatoes and cucumber	1	Greek Salad	1	Pumpkin Soup
2	Meatballs in sauce, diced potatoes	2	Chicken vegetable Wok	2	Fish Paella	2	Beef Lasagna with garlic bread	2	Chicken in sauce with potatoes
2	Diced Potatoes with vegetables	2	Vegetarian Wok	2	Vegetable Tempura	2	vegetable lasagna	2	Spaghetti with tomato sauce
3	Fruit	3	Yogurt	3	Fruit	3	Lemon Cake	3	Fruit
Monday 10th Nov		Tuesday 11th Nov		Wednesday 12th Nov		Thursday 13th Nov		Friday 14th Nov	
1	Mix Salad	1	Cucumber and carrot sticks	1	Zucchini Soup	1	Greek Salad	1	Carrot and Cucumber
2	Pasta Bolognese	2	Oven turkey with chips and vegetables	2	Oven Hake, potatoes and vegetables	2	Beef Stew with diced potatoes	2	Chicken Curry with Rice
2	Pasta with Tomatoe	2	Vegetarian Curry with rice	2	Rataouille with Potatoes	2	Vegetable Chili with rice	2	Spring Rolls
3	Fruit	3	Yogurt	3	Fruit	3	Red fruit cake	3	Fruit
Monday 17th Nov		Tuesday 18th Nov		Wednesday 19th Nov		Thursday 20th Nov		Friday 21st Nov	
1	Green Salad	1	Cheese, olives carrot salad	1	Tomato cucumber	1	Chick pea soup	1	Pasta Salad
2	Pasta Carbonara with garlic bread	2	Chicken Cus cus with Vegetables	2	Fried Fish with chips and vegetables	2	Chicken Goujons, pisto and chips	2	Pizza Margarita
2	Pasta with Tomatoe	2	Rice with vegetables	2	Vegetable Paella	2	Vegetarian Pie	2	Pizza Margarita
3	Fruit	3	Yogurt	3	Fruit	3	Red fruit Cake	3	Fruit
Monday 24th Nov		Tuesday 25th Nov		Wednesday 26th Nov		Thursday 27th Nov		Friday 28th Nov	
1	Lentils	1	Mixed salad	1	Chick pea salad	1	Green salad	1	Carrot soup
2	Spanish omelet with salad	2	Chicken turkey Cordon Bleu	2	Fish Fideguá	2	Oven chicken in sauce potatoes	2	Chicken Skewers chips and tomato
2	Napolitana Pasta with garlic bread	2	Tempura vegetables with boiled egg	2	Vegetable Fideguá	2	Vegetarian hamburger	2	Vegetarian Wrap with rice
3	Fruit	3	Yogurt	3	Fruit	3	Lemon Cake	3	Fruit



Noviembre 2025



Lunes 3 Nov		Martes 4 Nov		Miércoles 5 Nov		Jueves 6 Nov		Viernes 7 Nov	
1	Ensalada Mixta	1	Rollo Primavera	1	Tomate con Pepino	1	Ensalada Griega	1	Crema de Calabaza
2	Albóndigas en salsa con patatas dado	2	Wok de Pollo	2	Paella de pescado	2	Lasaña de ternera con pan de ajo	2	Pollo en salsa con patatas
2	Patatas dado con verdura	2	Wok vegetariano	2	Tempura	2	Lasaña Vegetal	2	Espaguettis con tomate
3	Fruta	3		3	Fruta	3	Tarta selva negra	3	Fruta
Lunes 10 Nov		Martes 11 Nov		Miércoles 12 Nov		Jueves 13 Nov		Viernes 14 Nov	
1	Ensalada Mixta	1	Zanahoria y pepino en bastoncillo	1	Crema Calabacin	1	Ensalada griega	1	Zanahoria y pepinos
2	Pasta Boloñesa	2	Pavo al horno, patatas y verduras	2	Merluza al horno, patatas y verduras	2	Estofado de ternera, patatas dado	2	Pollo al Curry con arroz
2	Pasta con tomate	2	Curry de verdura con arroz	2	Pisto con patatas	2	Chili con verduras y arroz	2	Rollos Primavera
3	Fruta	3	Yogurt	3	Fruta	3	Tarta de frutos rojos	3	Fruta
Lunes 17 Nov		Martes 18 Nov		Miércoles 19 Nov		Jueves 20 Nov		Viernes 21 Nov	
	Ensalada verde	1	Ensalada de queso, aceituna y zanahoria	1	Tomate con Pepino	1	Potaje de garbanzos	1	Ensalada de pasta
	Pasta Carbonara with garlic bread	2	Cuscus de pollo con verduras	2	Pescado frito, patatas, y verduras	2	Goujons de pollo, pisto y patatas	2	Pizza con patatas
	Pasta con tomate	2	Arroz 3 delicias	2	Paella de verduras	2	Pastel de verduras	2	Pizza con patatas
	Fruta	3	Yogur	3	Fruta	3	Tarta selva negra	3	Fruta
Lunes 24 Nov		Martes 25 Nov		Miércoles 26 Nov		Jueves 27 Nov		Viernes 28 Nov	
1	Lentejas	1	Ensalada Mixta	1	Ensalada de garbanzos	1	Ensalada Verde	1	Crema de Zanahoria
2	Tortilla patatas con ensalada	2	Cordon Bleu de pollo pavo con patatas	2	Pescado frito, patatas, y verduras	2	Pollo al horno en salsa patatas cocidas	2	Pinchitos de Pollo, patatas y tomate
2	Pasta Napolitana con Pan de ajo	2	Tempura verduras con huevo cocido	2	Fideguá de verduras	2	Hamburguesa vegetariana con patatas	2	Wrap vegetariano con arroz
3	Fruta	3	Yogurt	3	Fruta	3	Tarta de Limón	3	Fruta

