



October Menu



Monday 28th Sept		Tuesday 29th Sept		Wed 30th Sept		Thur. 1st Oct		Friday 2nd	
					Porra Antequerana		Greek Salad		Mixed Salad
					Fish Fideguá		Chicken, lettuce, tomato, mayo wrap with chips		Bolognese Pasta and garlic bread
					Fideguá Vegetariana		Vegetarian Wrap		Napolitana Pasta
					Fruta		Cake		Fruit
Monday 5th		Tuesday 6th		Wednesday 7th		Thursday 8th		Friday 9th	
1	Mixed salad	1	Spring Roll	1	Green salad with cheese, olives, & carrots	1	Mexican Salad	1	Diced Tomatoes
2	Meatballs in sauce with "patatas bravas"	2	Vegetable and chicken Wok	2	Oven Hake with potatoes and broccoli	2	Chili with meat and rice	2	Breaded chicken with potatoes
2	Vegetarian Meatballs	2	Vegetarian Wok	2	Fried Aubergene	2	Vegetarian Chilli	2	Ratatouille
3	Fruit	3	Yogourt	3	Fruit	3	Cake	3	Fruit
Monday 12th		Tuesday 13th		Wednesday 14th		Thursday 15th		Friday 16th	
1	BANK HOLIDAY	1	Zuchini Soup	1	Chick Pea salad	1	Green salad	1	Pasta Salad
2		2	Chicken Goullons with 3 delight rice	2	Fried Hake with potatoes and carrots	2	Meat Pie with mashed potatoes	2	Chicken Skewers
2		2	Ratatouille	2	Fried Aubergene	2	Vegetarian Pie	2	Breaded Vegetables
3		3	Yogourt	3	Fruit	3	Cake	3	Fruit
Monday 19th		Tuesday 20th		Wednesday 21st		Thursday 22nd		Friday 23rd	
1	Lentils	1	Tomato and Cucumber sticks	1	Mixed salad	1	Green Salad	1	Carrot Soup with Coriander
2	Potatoe omelette with mixed salad	2	Chicken Curry with rice	2	Hake sticks with mashed potaotes and peas	2	Lasagna with Garlic bread	2	Irish beefburguer with chips
2	Potatoe omelette with mixed salad	2	Vegetarian Curry	2	Mashed potates with peas	2	Vegetarian Lasagna	2	Vegetarian Hamburger
3	Fruit	3	Yogourt	3	Fruit	3	Cake	3	Fruit



Menú Octubre



Lunes 28		Martes 29		Miércoles 30		Jueves 1 Oct		viernes 2 Oct	
1	Ensalada mixta		Ensalada Garbanzos		Porra Antequerana		Ensalada Griega		Ensalada Mixta
2	Macarrones Carbonara con pan de ajo		Muslitos de pollo con patatas panaderas		Fideguá de pescado		Wrap de Pollo, lechuga, tomate y mayo, patatas		Espaguettis Boloñesa y pan de ajo
2	Carbonara vegetariana		Berenjenas rellenas		Fideguá vegetariana		Wrap Vegetariano		Pasta Napolitana
3	Fruta		Yogur		Fruta		Tarta		Fruta
Lunes 5		Martes 6		Miércoles 7		Jueves 8		viernes 9	
1	Ensalada mixta	1	Rollito de primavera	1	Ensalada verde, queso, aceitunas, zanahorias	1	Ensalada Mejicana	1	Tomate Picado
2	Albóndigas en salsa patatas bravas	2	Wok de verduras y pollo	2	Merluza al horno, patatas y brocoli	2	Chile con carne y arroz	2	Filete pollo empanado con patatas
2	Albóndigas vegetarianas	2	Wok Vegetariano	2	Berenjenas Fritas	2	Chile vegetariano	2	Pisto
3	Fruta	3	Yogur	3	Fruta	3	Tarta	3	Fruta
Lunes 12		Martes 13		Miércoles 14		Jueves 15		viernes 16	
1	FESTIVO	1	Crema Calabacin	1	Ensalada garbanzos	1	Ensalada Verde	1	Ensalada Pasta
2		2	Gouillons de pollo con arroz 3 delicias	2	Merluza Frita, patatas, y zanahoria	2	Pastel de Carne con puré	2	Pinchitos de Pollo con patatas
3		2	Pisto	2	Berenjena Frita	2	Pastel Vegetariano	2	Verdura empanada
3		3	Yogur	3	Fruta	3	Tarta	3	Fruta
Lunes 19		Martes 20		Miércoles 21		Jueves 22		viernes 23	
1	Lentejas	1	Bastoncillos de Pepino y zanahorias	1	Ensalada Mixta	1	Ensalada Verde	1	Crema de zanahoria y cilantro
2	Tortilla de patatas ensalada mixta	2	Pollo al Curry con arroz	2	Varitas de merluza puré y guisantes	2	Lasaña con pan de ajo	2	Hamburguesa Irlandesa con patatas
2	Tortilla de patatas ensalada mixta	2	Curry Vegetariano	2	Puré con guisantes	2	Lasaña vegetariana	2	Hamburguesa vegetariana
3	Fruta	3	Yogur	3	Fruta	3	Tarta	3	Fruta