

MENU OCTOBER 2025

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1º		PUCHERO SOUP	LENTILS WITH VEGETABLES	CREAM OF CARROT SOUP
2º		PORK SKEWERS WITH MIXED SALAD	CALAMARI WITH CAPRESE SALAD	CAJUN CHICKEN WITH FRENCH FRIES
P		FRUIT	FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1º	CHICKEN NOODLE SOUP	PASTA WITH MEAT AND TOMATO SAUCE	RICE WITH TOMATO SAUCE	CHICKPEA STEW	CREAM OF VEGETABLE SOUP
2º	LEMON CHICKEN WITH MIXED SALAD	KINGKLIP WITH CAPRESE SALAD	SAUSAGES WITH FRIED BANANA	POTATO OMELETTE WITH MIXED SALAD	CHICKEN BURRITO WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1º		PUCHERO SOUP	WHITE BEAN STEW	SPAGHETTI CARBONARA	CREAM OF VEGETABLE SOUP
2º	HOLIDAY	HAKE MORSELS WITH TOMATO SALAD	BEEF STROGANOFF WITH PAN-ROASTED POTATOES	HAKE WITH MIXED SALAD	CHICKEN CURRY WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1º	LENTILS WITH VEGETABLES	CHICKEN NOODLE SOUP	PAELLA	MACARONI WITH TUNA	CREAM OF VEGETABLE SOUP
2º	CHICKEN WITH TOMATO SAUCE AND RICE	MEATBALLS WITH SAUCE AND PAN-ROASTED POTATOES	PORK LOIN WITH PEPPER SAUCE AND TOMATO SALAD	KINGKLIP IN GREEN SAUCE WITH MIXED SALAD	TURKEY STEAKS WITH SWEET POTATO FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1º	MACARONI WITH SWEET CHORIZO	CHICKEN NOODLE SOUP	WHITE BEAN STEW	PASTA WITH TOMATO SAUCE AND CHEESE	CREAM OF VEGETABLE SOUP
2º	OVEN-ROASTED CHICKEN WINGS WITH MIXED SALAD	OVEN-BAKED HAKE WITH MIXED SALAD	PORK SKEWERS WITH RICE	FRESH FRIED ANCHOVIES WITH TOMATO SALAD	CROQUETTES WITH PAN ROASTED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

The menu includes white or brown bread. The option in bold type is the first course for Preschool Education students.

MENU OCTOBER 2025

(VEGETARIAN)

			WEDNESDAY 1	THURSDAY 2	FRIDAY 3
1°			VEGETABLE SOUP	LENTILS WITH VEGETABLES	CREAM OF CARROT SOUP
2°			VEGETABLE AND TOFU EMPANADA WITH MIXED SALAD	MINI EGGPLANT PIZZAS WITH CAPRESE SALAD	VEGETABLE NUGGETS WITH FRENCH FRIES
			FRUIT	FRUIT	YOGHURT

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
1°	VEGETABLE NOODLE SOUP	PASTA WITH LENTIL AND TOMATO SAUCE	RICE WITH TOMATO SAUCE	CHICKPEA STEW	CREAM OF VEGETABLE SOUP
2°	STUFFED SWEET POTATO WITH MIXED SALAD	VEGETABLE MEDALIONS WITH CAPRESE SALAD	VEGETARIAN SAUSAGES WITH FRIED BANANA	POTATO OMELETTE WITH MIXED SALAD	HEURA BURRITO WITH NACHOS AND GUACAMOLE
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
1°		VEGETABLE SOUP	WHITE BEAN STEW	SPAGHETTI WITH MUSHROOMS	CREAM OF VEGETABLE SOUP
2°	HOLIDAY	STUFFED EGGS WITH TOMATO SALAD	FRIED EGGPLANT STICKS WITH PAN-ROASTED POTATOES	VEGETABLE EMPANADA WITH MIXED SALAD	VEGETABLE AND TOFU CURRY WITH FRENCH FRIES
P		FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
1°	LENTILS WITH VEGETABLES	VEGETABLE NOODLE SOUP	VEGETABLE PAELLA	MACARONI WITH TOMATO SAUCE	CREAM OF VEGETABLE SOUP
2°	MINI EGGPLANT PIZZAS WITH RICE	VEGETABLE BALLS WITH SAUCE AND PAN-ROASTED POTATOES	HUMMUS WITH RAW VEGETABLES AND TOMATO SALAD	SCRAMBLED EGGS WITH VEGETABLES AND MIXED SALAD	VEGETABLE LASAGNE WITH SWEET POTATO FRIES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
1°	MACARONI WITH TEXTURED SOY AND TOMATO SAUCE	VEGETABLE NOODLE SOUP	WHITE BEAN STEW	PASTA WITH TOMATO SAUCE AND CHEESE	CREAM OF VEGETABLE SOUP
2°	VEGETABLE NUGGETS WITH MIXED SALAD	POTATO OMELETTE WITH MIXED SALAD	SCRAMBLED EGGS WITH MUSHROOMS AND RICE	STUFFED EGGS WITH TOMATO SALAD	VEGETABLE CROQUETTES WITH PAN ROASTED POTATOES
P	FRUIT	FRUIT	FRUIT	FRUIT	YOGHURT

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