

Menu October 2023

(Primary & Secondary Education)

Monday 2nd Lentil and chorizo soup Spanish omelette Lettuce and tomato salad Dairy dessert or fruit. Bread and water.	Tuesday 3rd Rice with tomato sauce Baked sausages Mixed salad Fruit. Bread and water.	Wednesday 4th Neapolitan spiral pasta Floured hake Lettuce and carrot salad Fruit. Bread and water	Thursday 5th Vegetable cream soup with croutons Chicken thighs Chips Fruit. Bread and water	Friday 6th Rain soup Meatballs Diced vegetables Yoghurt or fruit. Bread and water
Monday 9th Spaghetti with chorizo Tuna omelette Lettuce and onion salad Dairy dessert or fruit. Bread and water.	Tuesday 10th Leek cream soup Grilled pork loin Chips Fruit. Bread and water.	Wednesday 11th Cocido soup Cocido Fruit. Bread and water	Thursday 12th <p style="text-align: center;">SPANISH NATIONAL DAY</p> 	Friday 13th <p style="text-align: center;">NON SCHOOL DAY</p>
Monday 16th Elbow pasta Bolognese Grilled John Dory Lettuce and carrot salad Dairy dessert or fruit. Bread and water.	Tuesday 17th Star soup Chicken drumsticks au lemon Diced vegetables Fruit. Bread and water.	Wednesday 18th Butter bean stew Cheese omelette Mixed salad Fruit. Bread and water	Thursday 19st Rice Milanese Hake Basque style Sautéed peas Fruit. Bread and water	Friday 20nd Courgette cream soup Varied frying Chef salad Yoghurt or fruit. Bread and water
Monday 23rd Stir-fried peas Meatballs with tomato sauce Diced vegetables Dairy dessert or fruit. Bread and water.	Tuesday 24th Macaroni Amatriciana Hake supremes Lettuce and tomato salad Fruit. Bread and water.	Wednesday 25th Chicken and vegetables rice Courgette omelette Mixed salad Fruit. Bread and water	Thursday 26th Pumpkin cream soup Pork loin in sauce Diced potatoes Fruit. Bread and water	Friday 27th Pinto bean and rice soup Grilled chicken fillet Lettuce and carrot salad Yoghurt or fruit. Bread and water
Monday 30th Rice Bolognese Loin au garlic Vegetables Dairy dessert or fruit. Bread and water.	Tuesday 31st Lentil and pumpkin stew Roast chicken Baby carrots Fruit. Bread and water.	 <p style="text-align: center;">HAPPY HALLOWEEN</p>		

SNACKS: Monday: Salchichon sandwich. **Tuesday:** Cheese sandwich. **Wednesday:** Chorizo sandwich. **Thursday:** York ham sandwich. **Friday:** Chocolate biscuits.