

October menu

Day	1st course	2nd course	Dessert
Thursday 1	Rice salad with vegetables, tuna fish and egg (also gluten free, celiac; tomato free, fructose; egg free)	Baked chicken with lettuce and carrot	Seasonal fruit
Friday 2	Zucchini cream with croutons (also gluten free, celiac)	Grilled hake with garlic and parsley, lettuce and tomato (also tomato free, fructose)	Seasonal fruit
Monday 5	Stewed lentils with rice (potato with vegetables, legume free)	Grilled beef steak with lettuce and olives	Seasonal fruit
Tuesday 6	Potatoes and green beans and ham	Saint Peter's fish with salad (also grilled chicken, fish free)	Seasonal fruit
Wednesday 7	Neapolitan macaroni (also gluten free, celiac; with tuna fish, fructose)	Omelette with lettuce and olives (also grilled chicken, egg free)	Plain yogurt (Fruit)
Thursday 8	Rice with vegetables	Roast chicken with mushrooms	Seasonal fruit
Friday 9	Carrots cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Turkey with lettuce and corn	Seasonal fruit
Monday 12	Haliday		
Tuesday 13	Wholemeal spaghetti bolognese (also gluten free, celiac)	Grilled tenderloin with lettuce and tomato (also tomato free, fructose)	Seasonal fruit
Wednesday 14	Broccoli with potatoes	Chicken meatballs with mixed vegetables (also gluten free, celiac)	Plain yogurt (Fruit)
Thursday 15	Chickpeas with vegetables (also rice with spinach, legume free)	Tuna fish omelette with lettuce and tomato (also tomato free, fructose)	Seasonal fruit
Friday 16	Vegetables cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Baked hake with vegetables (also grilled chicken, fish free)	Seasonal fruit
Monday 19	Rice with tomato and egg (also rice with tuna fish, fructose)	Grilled chicken with lettuce and corn	Seasonal fruit
Tuesday 20	Chard with potatoes	Grilled beef steak with baked vegetables	Seasonal fruit
Wednesday 21	Chicken broth with pasta (also gluten free, celiac; s/fructose)	Potatoes omelette with lettuce and tomato (tomato free, fructose)	Plain yogurt (Fruit)
Thursday 22	Stewed white beans with vegetables	Turkey with roquefort sauce and chips (also sauce free, lactose)	Seasonal fruit
Friday 23	Carrots and pumpkin cream	Baked monkfish with potatoes, vegetables, sauce and salad (also turkey, fish free)	Seasonal fruit
Monday 26	Macaroni with sautéed vegetables (also gluten free, celiac)	Turkey with tomato sauce and boiled egg (also tomato free, fructose; egg free)	Seasonal fruit
Tuesday 27	Stewed lentils with vegetables (also potatoes with vegetables, legume free)	Chicken hamburger with lettuce and olives	Seasonal fruit
Wednesday 28	Zucchini cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Omelette with lettuce and tomato (also tomato free, fructose)	Plain yogurt (Fruit)
Thursday 29	Potatoes and peas	Grilled tenderloin with lettuce and carrots	Seasonal fruit
Friday 30	Rice with chicken	Grilled hake with lettuce and olives (also omelette, fish free)	Seasonal fruit

*Wholemeal bread: Monday and Thursday.

**All dishes are cooked with virgin olive oil and iodized salt

Nursery school snack

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal fruit	Bread and chocolate	Seasonal fruit	Seasonal fruit	Bread with ham and cheese

Menu adaptations are prepared in accordance with the dietary restrictions communicated to the center. In cases of diagnosed allergies or intolerances, the relevant medical information must be provided. The final composition of the adapted dishes is subject to the verification of ingredients and product technical specifications.

NOTE: Due to causes beyond our control, the menu may be changed

Menu rated: Mercè Moreu. N.182