

Monday	Tuesday	Wednesday	Thursday	Friday
1 PUBLIC HOLIDAY	2 <ul style="list-style-type: none"> •Rice with tomato sauce •Grilled sausages with mixed leaf salad, cucumber and sweetcorn •Seasonal fruit 	3 <ul style="list-style-type: none"> •Chard with potatoes and garlic •Roast chicken with tomato garnish •Seasonal fruit 	4 <ul style="list-style-type: none"> •Couscous with vegetables •Baked hake with a mixed leaf salad, tomatoes and olives Natural yogurt 	5 <ul style="list-style-type: none"> •Pasta spirals with pesto sauce •Falafels with mint yogurt sauce, and lettuce, tomato, cucumber and onion •Seasonal fruit
6 <ul style="list-style-type: none"> •Rice salad with lettuce, tomato, olive and soft cheese •Beefburger with sauted green beans •Seasonal fruit 	7 <ul style="list-style-type: none"> •Spaghetti with Napolitan sauce and cheese •Baked salmon with pepper and onion •Seasonal fruit 	8 <ul style="list-style-type: none"> •Lentil stew •Squid rings with cucumber and tomato salad •Seasonal fruit 	9 <ul style="list-style-type: none"> •Warm potato, cabbage and bacon salad •Grilled turkey with beetroot and carrot salad •Flavoured yogurt 	10 <ul style="list-style-type: none"> •Vegetable and pasta soup •Vegetable Spanish omelette with mixed leaf salad, sweetcorn and olives •Seasonal fruit
11 <ul style="list-style-type: none"> •Lentil salad with mixed leaves, tomato, green pepper and hard boiled egg •Pork and mushroom stew •Seasonal fruit 	12 <ul style="list-style-type: none"> •Vegetable Paella •Tuna pasty with lettuce, tomato and onion •Seasonal fruit 	13 <ul style="list-style-type: none"> •Pasta a la norma with tomato and aubergine •Cod “a la llana” with Brussel sprouts •Seasonal fruit 	14 <ul style="list-style-type: none"> •Stir fried vegetables •Chicken curry with rice •Natural yogurt 	15 <ul style="list-style-type: none"> •Cream of vegetable and legume soup •Vegetable lasagna •Seasonal fruit
16 <ul style="list-style-type: none"> •Chicken and pasta soup •Baked monkfish with potatoes and Ratatouille •Seasonal fruit 	17 <ul style="list-style-type: none"> •Caprese salad of tomato, mozzarella and pesto •Spanish potato and onion omelette with stir fried vegetables •Seasonal fruit 	18 <ul style="list-style-type: none"> •Vichysoise with croutons •Casserole baked rice •Seasonal fruit 	19 <ul style="list-style-type: none"> •Potatoes and green beans •Roast chicken with Greek salad •Flavoured yogurt 	20 <ul style="list-style-type: none"> •Chickpea salad with tomato, cucumber, onion and hard boiled egg •Spring rolls with sauted asparagus •Seasonal fruit
21 <ul style="list-style-type: none"> •Lettuce, carrot, beetroot and olive salad •Macaroni bolgnese with grated cheese •Seasonal fruit 	22 <ul style="list-style-type: none"> •Cream of pumpkin soup with croutons •White vean and tuna salad •Seasonal fruit 	23 <ul style="list-style-type: none"> •Mushroom risotto •Breaded hake with tomoto salad •Seasonal fruit 		