

Menu

OCTOBER
2025



Tip of the month

GREEN VEGETABLES: These include spinach, broccoli, lettuce, Swiss chard, cucumber, celery, cabbage, asparagus, and green peppers. Their green color is due to chlorophyll. They are rich in vitamins (A, C, K, and folate), minerals (iron, calcium, magnesium, and potassium), and fiber. They are antioxidants, essential for clotting and bone health, and help detoxify the body.

M/06

- Cream of Pumpkin soup
- Scrambled eggs with ham, mushrooms and chips
- Seasonal fruit
- Ham roll
- Grilled chicken breast. Sliced tomato. Yoghurt

M/13

**BANK HOLIDAY
EL PILAR**

M/20

- Mixed salad (Cream of Courgette soup)
- Roast chicken with sautéed rice.
- Seasonal fruit
- Bologna roll
- Homemade pizza. Yoghurt

M/27

- Lentils with spicy sausage.
- Spanish omelette. Aubergines.
- Seasonal fruit
- Cheese roll
- Roast pork loin. Salad. Yoghurt.

T/07

- Madrid style stew
- Roast beef with carrots
- Custard
- Seasonal fruit
- Baby sole. Roast peppers.. Fruit

T/14

- Cream of Carrot soup.
- Cannelloni (Grilled chicken breast with sweet potatoes)
- Yoghurt
- Seasonal fruit
- Scrambled eggs with asparagus. Yoghurt.

T/21

- Spaghetti Bolognese.
- Grilled stoker fish with roast vegetables
- Seasonal fruit
- Yoghurt
- Cream of Vegetable soup. Plain omelette.. Fruit.

T/28

- Pasta salad (with tomato)
- Pork casserole. Carrots.
- Yoghurt
- Seasonal fruit
- Grilled hake. Green asparagus. Fruit

W/0

- Spaghetti carbonara (with tomato)
- Chicken in sauce. Mushrooms
- Seasonal fruit
- Cheese roll
- Spanish omelette. Salad.. Yoghurt

W/15

- Seafood paella
- Hamburger. Sautéed cauliflower.
- Seasonal fruit.
- Ham roll
- Grilled tuna fish. Sliced tomato. Fruit..

W/22

- Haricot beans with spicy sausage
- Meatballs in sauce with carrots
- Seasonal fruit
- Salami roll
- Grilled sea bream. Cauliflower. Yoghurt

W/2

- Cream of Leek soup.
- Scrambled eggs with ham, mushrooms and chips.
- Seasonal fruit
- Ham roll.
- Breaded chicken. Roast potatoes. Salad. Yoghurt.

T/09

- Gazpacho (Cream of Courgette soup)
- Pizza (Fried local fish. Sliced tomato)
- Seasonal fruit
- Yoghurt
- Grilled pork loin. Aubergines.. Fruit.

T/16

- Pasta salad (pasta with tomato sauce)
- Fried local fish with tomato and onion salad.
- Seasonal fruit
- Yoghurt.
- Plain omelette. Grilled courgette.. Fruit.

T/23

- Gazpacho (alphabet soup)
- Fried ham and meat roll with chips.
- Yoghurt
- Seasonal fruit.
- Plain omelette. Green beans. Fruit.

T/30

- Chickpeas with pumpkin.
- Croquettes. Lettuce and tomato salad.
- Seasonal fruit.
- Yoghurt.
- Noodle soup. Mexican fajitas. Yoghurt.

F/10

**EDUCATIONAL
COMMUNITY DAY**

F/17

- Lentil stew..
- Spanish omelette. Lettuce and sweetcorn salad.
- Seasonal fruit.
- Chocolate spread roll.
- Noodle soup. Mixed sandwich. Yoghurt.

F/24

- Pasta with bechamel, minced meat and cheese.
- Grilled hake with roast peppers.
- Seasonal fruit
- Chocolate spread roll.
- Mexican fajitas.. Yoghurt.

F/31

- Rice with cuttle fish
- Chicken skewers Sautéed rice.
- Seasonal fruit
- Chocolate spread roll.
- Sword fish. Roast vegetables Yoghurt.