

# Menu


OCTOBER  
2025



Infants 1 Year Old




**M/06**

 **CHICKEN WITH VEGETABLES** ( chicken, pumpkin, celery , leek, carrots, potato and olive oil)

 **GRILLED HAKE** (mastication)

 Yoghurt

 Fruit purée

**T/07**


 **CHICKPEAS WITH VEGETABLES**


 **SPANISH OMELETTE** ( mastication)


 Seasonal fruit


 Fruit purée

**W/08**


 **HAKE WITH TOMATO AND VEGETABLES** (hake, onion, tomato, green beans, potato, olive oil)


 **GRILLED CHICKEN BREAST** ( mastication)


 Seasonal fruit


 Fruit purée

**T/09**

 **TURKEY WITH VEGETABLES** ( turkey, potato, courgette, leek and olive oil)

 **VEGETABLES** ( mastication)

 Seasonal fruit

 Fruit purée

**F/10**



 **EDUCATIONAL COMMUNITY DAY**





**M/13**



 **BANK HOLIDAY EL PILAR**





**T/14**

 **TURKEY WITH POTATOES** ( turkey, onion,tomato,potato and olive oil)

 **GRILLED HAKE** (mastication)

 Yoghurt

 Fruit purée

**W/15**


 **RICE WITH HAKE AND VEGETABLES** (rice, hake, carrots, courgettes, tomato and olive oil)


 **GRILLED CHICKEN BREAST** ( mastication)


 Seasonal fruit


 Fruit purée

**T/16**

 **CHICKEN WITH PEAS AND CARROTS** (chicken, carrots, peas,green beans ,potaato, olive oil)

 **VEGETABLES** ( mastication)

 Seasonal fruit

 Fruit purée

**F/17**

 **LENTIL STEW**

 **SPANISH OMELETTE** ( mastication)

 Seasonal fruit

 Fruit purée

**M/20**

 **HAKE WITH TOMATO AND VEGETABLES** (hake, onion, tomato, green beans, potato and olive oil)

 **GRILED CHICKEN BREAST** (mastication)

 Seasonal fruit

 Fruit purée

**T/21**

 **TURKEY WITH VEGETABLES** ( turkey, potato, courgette, leek and olive oil)

 **VEGETABLES** ( mastication)

 Seasonal fruit

 Fruit purée

**W/22**


 **CHICKPEAS WITH VEGETABLES**


 **SPANISH OMELETTE** ( mastication)


 Seasonal fruit




**T/23**


 **RICE WITH HAKE AND VEGETABLES** (hake, carrots, beans, peas, olive oil)


 **GRILLED TURKEY BREAST** ( mastication)


 Seasonal fruit


 Fruit purée

**F/24**

 **CHICKEN WITH VEGETABLES** ( chicken, pumpkin, celery, leek, carrots, potato and olive oil )

 **GRILLED HAKE** (mastication)

 Yoghurt

 Fruit purée

**M/27**

 **LENTIL STEW**

 **GRILLED CHICKEN BREAST** ( mastication)

 Seasonal fruit

 Fruit purée

**T/28**


 **TURKEY WITH POTATOES** ( turkey, onion,tomato,potato and olive oil)


 **GRILLED HAKE** ( mastication)


 Seasonal fruit


 Fruit purée

**W/29**


 **RICE WITH HAKE AND VEGETABLES** (rice, hake, carrots, courgettes, tomato and olive oil)


 **VEGETABLES** ( mastication)


 Yoghurt


 Fruit purée

**T/30**


 **CHICKEN WITH PEAS AND CARROTS** (chicken, carrots, peas,green beans ,potaato, olive oil)


 **SPANISH OMELETTE** (mastication)


 Seasonal fruit


 Fruit purée

**F/31**

 **HAKE WITH CARROTS AND POTATOES** ( hake, carrots, leek, potsto and olive oil)

 **GRILLED TURKEY BREAST** ( mastication)

 Seasonal fruit

 Fruit purée