

Menu

OCTOBER
2026



Tip of the month

WHOLEGRAIN FOODS

Wholegrain bread is available twice a week.

Wholegrain rice or pasta is included in the menu 4 times a month.

M/05

- Seafood noodles
- Grilled chicken. Cabbage and carrot salad.
- Seasonal fruit
- Cheese roll
- Peas with ham. Poached egg. Yoghurt

T/06

- Lentil stew
- Stuffed eggs (in tomato) Lettuce and sweetcorn salad
- Seasonal fruit
- Yoghurt
- Roast pork. Mashed potatoes.. Fruit

W/0

- Cream of Vegetable soup.
- Pork in sauce. Baked sweet potatoes.
- Seasonal fruit
- Turkey roll
- Swordfish. Salad.. Yoghurt

T/08

- Wholegrain rice in tomato sauce
- Grilled salmon. Pepper and tomato salad.
- Yoghurt
- Seasonal fruit
- Plain omelette. Roast vegetables. Fruit.

F/09

- Mixed salad (Cream of Courgette soup)
- Pizza (Chicken Nuggets. Boulangère potatoes)
- Seasonal fruit.
- Ham roll.
- Noodle soup.Ham and cheese sandwich. Yoghurt.

M/12

**BANK HOLIDAY
EL PILAR**

T/13

- Cream of Pumpkin soup.
- Chicken casserole with mushrooms.
- Seasonal fruit
- Yoghurt
- Baby sole. Cauliflower. Fruit.

W/14

- Haricot beans with vegetables.
- Plain omelete.Lettuce and sweetcorn salad.
- Seasonal fruit.
- Ham roll
- Hamburger. Grilled aubergine. Yoghurt.

T/15

- Wholegrain rice with chicken.
- Fried local fish with tomato and pepper salad.
- Yoghurt
- Seasonal fruit.
- Poached egg with potatoes. Roast peppers. Yoghurt.

F/16

- Wholewheat spaghetti carbonara (with tomato.)
- Soy bean meatballs. Sautéed green beans.
- Seasonal fruit.
- Turkey roll.
- Grilled sea bass. Ratatouille. Yoghurt.

M/19

- Lentils with rice
- Chicken skewers with roast vegetables.
- Seasonal fruit
- Yoghurt
- Anchovies. Steamed cauliflower with mayonnaise. Yoghurt

T/20

- Rice with prawns.
- Grilled pork loin (marinated). Lettuce and sweetcorn salad. Yoghurt
- Seasonal fruit
- Spanish omelette. Sliced tomato. Fruit.

W/21

- Madrid style stew
- Grilled stoker fish. Ratatouille.
- Seasonal fruit
- Turkey roll
- Cream of Vegetable soup.. Yo Grilled chicken. Yoghurt

T/22

- Wholegrain spaghetti with textured soya and tomato
- Spanish omelette. Cabbage and carrot salad.
- Seasonal fruit
- Seasonal fruit.
- Mexican fajitas. Yoghurt..

F/23

- Cream of Leek soup.
- Beef ragout with baked potatoes.
- Seasonal fruit
- Ham roll.
- Roosterfish. Roast peppers. Yoghurt.

M/26

- Pasta salad (with tomato).
- Roast chicken with suat"ed courgette..
- Seasonal fruit
- Cheese roll
- Artichokes with ham. Fried egg. Yoghurt.

T/27

- Chickpeas with pumpkin
- Hambinger. Lettuce and tomato salad..
- Yoghurt
- Seasonal fruit
- Swordfish. Broccoli. Fruit

W/2

- Cream of Vegetable soup.
- Scrambled eggs with ham and mushrooms
- Seasonal fruit
- Ham roll.
- Homemade hamburger with mashed potatoes and carrots. Fruit.

T/29

- Potatoes with artichokes
- Roast pork with carrots.
- Seasonal fruit.
- Seasonal fruit.
- Scrambled eggs with garlic and prawns. Fruit.

F/30

- Wholegrain rice with meat.
- Grilled hake. Tomato and pepper salad..
- Seasonal fruit
- Sausage spread roll.
- Noodle soup. Homemade croquettes. Sliced tomato. Yoghurt.