

Menu

OCTOBER
2026
VEGETARIAN



Tip of the month

WHOLEGRAIN FOODS:

Wholegrain bread is on the menu twice a week.

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

M/05 - Macaroni with tomato - Falafel. Cabbage and carrot salad. - Seasonal fruit - Cheese roll/seasonal fruit	T/06 - Lentil stew - Eggs with mayonnaise. Lettuce and Sweetcorn / vegan sausages - Seasonal fruit - Vegan yoghurt	W/07 - Cream of Vegetable soup - Vegan "meatballs" in sauce. Baked sweet potato. - Seasonal fruit - Olive oil roll	T/08 - Wholegrain rice with tomato sauce - Vegan fish. Tomato and pepper salad. - Vegan yoghurt - Seasonal fruit	F/09 - Mixed salad(Cream of Courgette soup) - Vegan Burger with boulangère potatoes. - Seasonal fruit - Sugar free jam roll
M/12 BANK HOLIDAY EL PILAR	T/13 - Cream of Pumpkin soup. - Vegan hamburger. Mushrooms. - Seasonal fruit - Vegan yoghurt	W/14 - Haricot beans with vegetables - Plain omelete. Lettuce and sweetcorn salad / vegan sausages. - Seasonal fruit. - Olive oil roll	T/15 - Wholegrain rice with vegetables. - Vegan fish. Tomato and pepper salad. - Vegan yoghurt - Seasonal fruit	F/16 - Wholegrain pasta with tomato. Soybean meatballs. Sautéed green beans. - Seasonal fruit. - Peanut butter roll.
M/19 - Lentils with rice - Vegan sausages. Roast vegetables. - Seasonal fruit - Vegan yoghurt	T/20 - Rice with vegetables. - Vegan burger. Lettuce and sweetcorn salad, - Vegan yoghurt - Seasonal fruit	W/21 - Chickpeas with vegetables - Vegan fish. Ratatouille - Seasonal fruit - Olive oil roll	T/22 - Wholegrain spaghetti with textured soybean and tomato - Spanish omelette. Cabbage and carrot salad / falafel. - Seasonal fruit - Seasonal fruit.	F/23 - Cream of Leek soup.. - Vegan meatballs with baked potatoes.. - Seasonal fruit - Cheese roll / seasonal fruit.
M/26 - Pasta in tomato sauce - Vegan sausages. Courgettes. - Seasonal fruit - Olive oil roll	T/27 - Chickpea and pumpkin stew - Vegan hamburger. Lettuce and tomato - Vegan yoghurt - Seasonal fruit	W/28 - Cream of Vegetable soup. - Scrambled eggs with mushrooms / vegan sausage with chips - Seasonal fruit - Vegan yoghurt.	T/29 - Potatoes with artichokes.. - Vegan meatballs with carrots.. - Seasonal fruit. - Seasonal fruit.	F/30 - Rice with vegetables - Vegan fish. Tomato and pepper salad. - Seasonal fruit - Peanut butter roll.