

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Stewed potatoes with vegetables French omelette with cheese Lettuce and tomato with 'EOVO' Wholemeal bread Dairy	<b>3</b> Star soup Roasted sirloin in the hunter's style Sautéed mushrooms with garlic and parsley White bread Seasonal fruit	<b>4</b> Neapolitan rice Baked cod fillet Lettuce and corn with 'EOVO' Wholemeal bread Seasonal fruit	<b>5</b> Pea cream Gratinated meat cannelloni Lettuce and olives with 'EOVO' White bread Seasonal fruit	<b>6</b> Chickpeas with stir-fried vegetables Veggie meatballs with sauce Wholemeal bread Seasonal fruit
<b>9</b> <b>Wholemeal spaghetti</b> oriental style (sautéed vegetables and Baked hake Tomato cubes seasoned with 'EOVO' Wholemeal bread Dairy	<b>10</b> Cream of <b>ECO pumpkin</b> with croutons Stewed lentils with squid White bread Seasonal fruit	<b>11</b> Broccoli chutney Roasted chicken with lemon Lettuce, corn and beetroot with 'EOVO' Wholemeal bread Seasonal fruit	<b>12</b> Soup with pasta Baked sausage Dried beans with garlic and parsley White bread Seasonal fruit	<b>13</b> Milanese rice (peas, mushrooms and cheese) Potato and onion omelette Lettuce and corn with 'EOVO' Wholemeal bread Seasonal fruit
<b>16</b> <b>Free disposal</b>	<b>17</b> Poultry soup with noodles Hake au gratin Lettuce and olives with 'EOVO' White bread Plain yogurt	<b>18</b> Vegetable lasagna Chickpeas with soy bolognese Wholemeal bread Seasonal fruit	<b>19</b>  Rice with vegetables Spinach omelette Lettuce and tomato with 'EOVO' White bread Seasonal fruit	<b>20</b> Whole wheat spirals with carrot sauce Breaded chicken Grilled potatoes Wholemeal bread Seasonal fruit
<b>23</b> Three delights rice (tortilla, peas and turkey) Monkfish in a sailor's style Wholemeal bread Dairy	<b>24</b> ECO carrot cream with apple Wholemeal macaroni with soy bolognese White bread Seasonal fruit	<b>25</b> Green beans with potato Chicken wok with teriyaki vegetables Wholemeal bread Seasonal fruit	<b>26</b> Dried beans with potatoes Pork stew with quinoa Lettuce and corn with 'EOVO' White bread Seasonal fruit	<b>27</b> Word search Zucchini omelette Lettuce and olives with 'EOVO' Wholemeal bread Seasonal fruit