

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