

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