

Seasonal fruit:
Apple, Pear, Banana, Orange, Kiwi, Melon

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
 <p>Rice with homemade tomato sauce Zucchini omelette Lettuce and corn with 'EOVO' White bread Seasonal fruit</p>	<p>Vegetable cream with croutons Wholemeal macaroni with soy bolognese Wholemeal bread Seasonal Organic Fruit</p>	<p>Cauliflower au gratin Roasted chicken Sautéed artichokes White bread Dairy</p>	<p>Stewed lentils with vegetables Chicken croquettes Lettuce and carrot with 'EOVO' Wholemeal bread Seasonal fruit</p>	
13	14	15	16	17
<p>Peas with potatoes Pizza with soy bolognese Lettuce and corn with 'EOVO' Wholemeal bread Seasonal fruit</p>	<p>Neapolitan rice Sole with garlic and parsley Baked potato White bread Seasonal fruit</p>	<p>Stewed dried beans with vegetables Potato and onion omelette Lettuce, tomato and carrot with 'EOVO' Wholemeal bread Seasonal fruit</p>	<p>Broccoli with potato Grilled chicken breast Sautéed mushrooms with garlic and parsley White bread Dairy</p>	<p>Whole wheat spirals with carrot sauce Grilled mixed burger Lettuce and olives with 'EOVO' Wholemeal bread Seasonal fruit</p>
This week the menu has been prepared by the 1st ESO students				
20	21	22	23	24
<p>Stewed chickpeas with vegetables Potato and onion omelette Lettuce and tomato with 'EOVO' Wholemeal bread Seasonal fruit</p>	<p>Leek cream with apple Chicken with samfaina Cannelloni, lettuce, carrot and olives with 'EOVO' White bread Seasonal fruit</p>	<p>Green beans with potato Stewed lentils with vegetables and hard-boiled egg Wholemeal bread Seasonal fruit</p>	 <p>Word search Spinach booklets with chips White bread Catalan cream</p>	<p>Rice with tomato sauce, carrot and onion Baked cod fillet Lettuce, corn and beetroot with 'EOVO' Wholemeal bread Seasonal fruit</p>
27	28	29	30	
<p>Cream of ECO pumpkin Vegan chili with natural toppings Wholemeal bread</p>	<p>Rice salad (tomato, corn and olives) Baked hake Baked zucchini White bread</p>	<p>Integral spaghetti carbonara French omelette with cheese Salad and olive medley with 'EOVO' Wholemeal bread</p>	<p>Stewed chickpeas with vegetables Turkey with garlic and parsley Lettuce and carrot with 'EOVO' White bread</p>	