


Seasonal fruit:
Apple, Pear, Banana, Watermelon, Melon

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Vegetable soup Baked sausage Dried beans with garlic and parsley Wholemeal bread Seasonal fruit	Minced meat soup Potato and onion omelette Lettuce and olives with 'EOVO' White bread Seasonal fruit	Wholemeal spaghetti gratins with vegetables Andalusian-style hake Cannelloni, lettuce, carrot and olives with 'EOVO' Wholemeal bread Seasonal fruit	Vegetable cream with croutons Chickpeas with soy bolognese White bread Plain yogurt	Rice with tomato sauce, carrot and onion Chicken drumsticks in milk Lettuce, tomato and corn with 'EOVO' Wholemeal bread Seasonal fruit
11	12	13	14	15
Minestrone soup with pasta and vegetables Potato and onion omelette Lettuce, tomato and carrot with 'EOVO' Wholemeal bread Seasonal fruit	Brown rice with homemade tomato sauce Oven-baked tenderloin White bread Seasonal fruit	ECO zucchini cream Veggie meatballs with sauce Lettuce, cucumber and olives with 'EOVO' Wholemeal bread Seasonal fruit	Wholemeal macaroni carbonara Haddock fillet with garlic and parsley Lettuce and olives with 'EOVO' White bread Seasonal fruit	Lentils sautéed with vegetables Baked chicken drumsticks Lettuce, tomato and olives with 'EOVO' Wholemeal bread Dairy
This week the menu has been prepared by the students of 2nd ESO				
18	19	20	21	22
Brown rice in the Neapolitan style Baked hake with sauce Lettuce, corn and beetroot with 'EOVO' Wholemeal bread Seasonal fruit	Chickpeas with stir-fried vegetables Potato and onion omelette Tomato, cucumber and olive salad White bread Seasonal fruit	Country salad Turkey wok with vegetables Wholemeal bread Seasonal fruit	 AMERICAN GASTRONOMIC DAY Mac & cheese Full hamburger White bread Ice cream	<i>Free disposal</i>
25	26	27	28	29
<i>Festive</i>	Broccoli with potato Lentil stir-fry with turkey, cornbread and tomato sauce White bread Seasonal fruit	Cream of ECO pumpkin Chicken with barbecue sauce French fries Wholemeal bread Seasonal fruit	Salad wholemeal pasta (tomato, carrot and corn) Zucchini omelette Salad and olive medley with 'EOVO' White bread Dairy	Rice with vegetables Lemon sole Lettuce and olives with 'EOVO' Wholemeal bread Seasonal fruit