



GENERAL MENU

VEGETARIAN MENU

October - 2026

MONDAY

1

28

- VEGETABLE SOUP
- CHICKEN FILLET / ZUCCHINI STUFFED WITH ROASTED POTATOES
- SEASONAL FRUIT

2

5

- MIXED SALAD
- TURKEY STEW / TEXTURED SOY WITH PEAS
- SEASONAL FRUIT

3

12

FESTIVE

4

19

- CHICKEN NOODLE SOUP
- MINCED BEEF STEAKS / VEGETABLE SAUSAGES WITH COUSCOUS
- SEASONAL FRUIT

5

26

- POTATO STEW WITH CUTTLEFISH
- ROAST TURKEY / MUSHROOMS WITH BRAISED VEGETABLES
- SEASONAL FRUIT

TUESDAY

29

- RICE WITH TOMATO
- FRENCH OMELETTE WITH SAUTÉED VEGETABLES
- SEASONAL FRUIT

6

- LENTILS WITH TURKEY CHORIZO / VEGETABLES
- COD ROTA-STYLE WITH ROASTED POTATOES
- SEASONAL FRUIT

13

- CURRIED RICE WITH CARROTS
- GRILLED SALMON WITH PEAS
- FRUIT SALAD

20

- CHICKPEA STEW
- SCRAMBLED EGGS AND POTATOES WITH MUSHROOMS
- SEASONAL FRUIT

27

- NEAPOLITAN PASTA
- BAKED CHICKEN DRUMSTICKS WITH VEGETABLES / ZUCCHINI STUFFED WITH TUNA
- SEASONAL FRUIT

WEDNESDAY

30

- LENTIL SALAD
- CROQUETTES, EMPANADAS AND A STIR-FRY OF GREEN BEANS AND CARROTS.
- FRUIT SALAD

7

- PUMPKIN AND APPLE SOUP
- SPANISH OMELETTE WITH HOMEMADE TOMATO SAUCE
- SEASONAL FRUIT

14

- LEEK AND POTATO SOUP
- CHICKEN MEATBALLS / VEGETABLE MEATBALLS WITH RICE
- SEASONAL FRUIT

21

- VEGETABLE PAELLA
- MARINATED TURKEY FILLETS / WHITE FISH WITH BRAISED VEGETABLES
- SEASONAL FRUIT

28

- LENTILS RIOJA STYLE / VEGETABLES
- SAN JACOBO WITH RICE
- SEASONAL FRUIT

THURSDAY

1

- BROCCOLI LASAGNA
- SCRAMBLED EGGS WITH CHORIZO / VEGETABLE
- SEASONAL FRUIT

8

- NEAPOLITAN PASTA
- ROAST CHICKEN / SPINACH BURGER WITH BRAISED VEGETABLES
- FRUIT SALAD

15

- BOLOGNESE PASTA /VEGETABLE BOLOGNESE PASTA
- HAKE STICKS WITH SAUTÉED CAULIFLOWER
- BAKED APPLES

22

- SAUTÉED GREEN BEANS
- PORK TENDERLOIN / MUSHROOMS IN CHILINDRÓN SAUCE
- SEASONAL FRUIT

29

- STEW SOUP / VEGETABLE SOUP
- HAKE IN MARINARA SAUCE WITH ROASTED POTATOES
- SEASONAL FRUIT

FRIDAY

2

FRENCH MENU

- VICHYSOISE
- BEEF / MUSHROOMS BOURGUIGNON
- CHOCOLATE MOUSSE

9

AMERICAN MENU

- RANCH SALAD
- COMPLETE BURGER / VEGGIE BURGER WITH FRIES
- NATURAL YOGURT WITH SPRINKLES

16

GREEK MENU

- HORIATIKI (GREEK SALAD OF TOMATO, CUCUMBER, OLIVES AND CHEESE)
- CHICKEN AND EGGPLANT MOUSSAKA / VEGETABLE MOUSSAKA
- YOGURT WITH HONEY

23

ITALIAN MENU

- ITALIAN SALAD
- VARIETY OF PIZZAS
- ICE CREAM

30

SAGEOWEEN

- PUMPKIN SOUP
- HOT DOG WITH FRIES
- SPECIAL DESSERT