

# OCTOBER'S MENU 2024

	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th
	<ul style="list-style-type: none"> <li>Potato salad (tomato, boiled egg and olives) **Boiled green beans and potatoes</li> <li>Oven-baked hake fillet with tomatoes and onions</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Creamy pumpkin soup with bread croutons</li> <li>Ham and cheese pizza **Chicken croquettes</li> <li>Yoghurt <i>La Fageda</i></li> </ul>	<ul style="list-style-type: none"> <li>Multi-coloured pasta spirals with apple, mature cheese and olives</li> <li>Oven-baked chicken wings with french fries</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Stewed peas with potatoes and bacon</li> <li>Grilled botifarra sausage</li> <li>Green salad with carrots</li> <li>Fruit salad</li> </ul>
MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th
<ul style="list-style-type: none"> <li>Courgette cream (soup) with toasted bread croutons</li> <li>Roasted chicken in lemon sauce</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Stewed lentils</li> <li>Tuna stuffed eggs and green salad ** Courgette omelette</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li><i>Pesto</i> tagliatelle</li> <li>Baked hake fillet with vegetables</li> <li>Yoghurt <i>La Fageda</i></li> </ul>	<ul style="list-style-type: none"> <li>Green beans and potatoes</li> <li>Stewed veal (<i>fricandó</i>) with mushrooms and carrots</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Wholegrain rice with tomato sauce</li> <li>Chicken croquettes with green salad and carrots</li> <li>Fruit salad</li> </ul>
MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
<ul style="list-style-type: none"> <li>Tagliatelle with tomato sauce and cheese</li> <li>Baked cod with vegetables (<i>sambaina</i>)</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Boiled seasonal vegetables with potatoes</li> <li>Chicken escalope with green salad and olives</li> <li>Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Rice with courgette and carrots</li> <li>Grilled turkey breast with caramelised onions</li> <li>Yoghurt <i>La Fageda</i></li> </ul>	<ul style="list-style-type: none"> <li>Chickpeas in basil oil **Stewed chickpeas</li> <li>Potato and onion omelette with <i>pa amb tomàquet</i> (catalan style)</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Stewed soup with <i>galets</i> (pasta) **Noodle soup</li> <li>Oven-baked hake fillet with potatoes and tomatoes</li> <li>Seasonal fruit*</li> </ul>
MONDAY 21st	TUESDAY 22nd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
<ul style="list-style-type: none"> <li>Creamy vegetable soup</li> <li>Baked chicken with orange sauce</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Soup</li> <li>Potato and onion omelette with <i>pa amb tomàquet</i> (catalan style)</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>White beans sautéed with garlic and parsley</li> <li>Veal meatballs with vegetables (<i>a la jardinera</i> style)</li> <li>Yoghurt <i>La Fageda</i></li> </ul>	<ul style="list-style-type: none"> <li>Mushroom risotto</li> <li>Turkey stewed with vegetables</li> <li>Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Spaguetti <i>Napolitana</i></li> <li>Hake fillet in batter with green salad and olives</li> <li>Seasonal fruit*</li> </ul>
MONDAY 28th	TUESDAY 29th	WEDNESDAY 30th	THURSDAY 31st	
<ul style="list-style-type: none"> <li>Stewed lentils with vegetables</li> <li>Potato and onion omelette with <i>pa amb tomàquet</i> (catalan style)</li> <li>Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>Macaroni bolognese</li> <li>Calamari (andalusian style) with green salad and olives **Grilled hake</li> <li>Seasonal fruit*</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable cream soup</li> <li>Grilled tenderloin with caramelised onions</li> <li>Yoghurt <i>La Fageda</i></li> </ul>	<ul style="list-style-type: none"> <li>Clear soup</li> <li>Oven-baked cod fillet with diced potatoes</li> <li>Seasonal fruit*</li> </ul>	

\*\*11, 12 and 13

\* Apple, pear, banana, strawberries, mandarins and orange

Note: Occasionally there may be some changes in the menu due to reasons beyond the school's control