

OCTOBER MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
 Lentil cobbler
 French omelette with salad
 Seasonal fruit

3
 Fideua
 Baked hake with salad
 Seasonal fruit

4
 Vegetable cream
 Grilled chicken breast with tomato slice
 Seasonal fruit

5
 Rice with tomato
 Homemade sausages baked in the oven with salad
 Seasonal fruit

6
 Tagliatelle with sautéed vegetables and soya sauce
 Tempura anchovies with salad
 Yoghurt

9
 Cream of courgette, leek and carrot soup
 Meatballs in sauce with stew
 Seasonal fruit

10
 Noodle soup
 Roast chicken thigh with mushrooms
 Seasonal fruit

11
 Beans with vegetables
 Ham and ham omelette with apple salad
 Seasonal fruit

FESTIVO

FESTIVO

16
 Lentil stew
 Squid caprices with salad
 Seasonal fruit

17
 Carrot cream
 Tacos de magro in onion sauce with potato garnish
 Seasonal fruit

18
Flavours of the world menú
 Thai noodles
 Greek chicken
 Antarctic penguin

19
 Beans stewed with chorizo sausage and pumpkin
 French omelette with salad
 Seasonal fruit

20
 Mellow vegetable rice
 Haddock in green sauce with salad
 Yoghurt

23
 Noodle soup
 Grilled hake with mayonnaise crust and julienne vegetables
 Seasonal fruit

24
 Seafood rice
 Ham and cheese rolls with salad
 Seasonal fruit

25
 Chickpea and spinach stew
 Chicken croquettes with salad
 Seasonal fruit

26
 Vegetable cream
 Baked fillet of marlin with diced potatoes
 Seasonal fruit

27
 Spring spirals au gratin
 Tuna omelette with salad
 Yoghurt

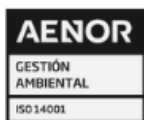
30
 Shark pasta with cheese, tomato and basil
 Cod meatballs with pineapple salad
 Seasonal fruit

31
 Lentils in garden style
 French omelette with cheese slices
 Seasonal fruit

El ingrediente principal de este plato es **ECO**.
 Se servirá pan blanco y pan integral.

Consult all the
 nutritional information
 and allergens of our
 menu in the QR code:





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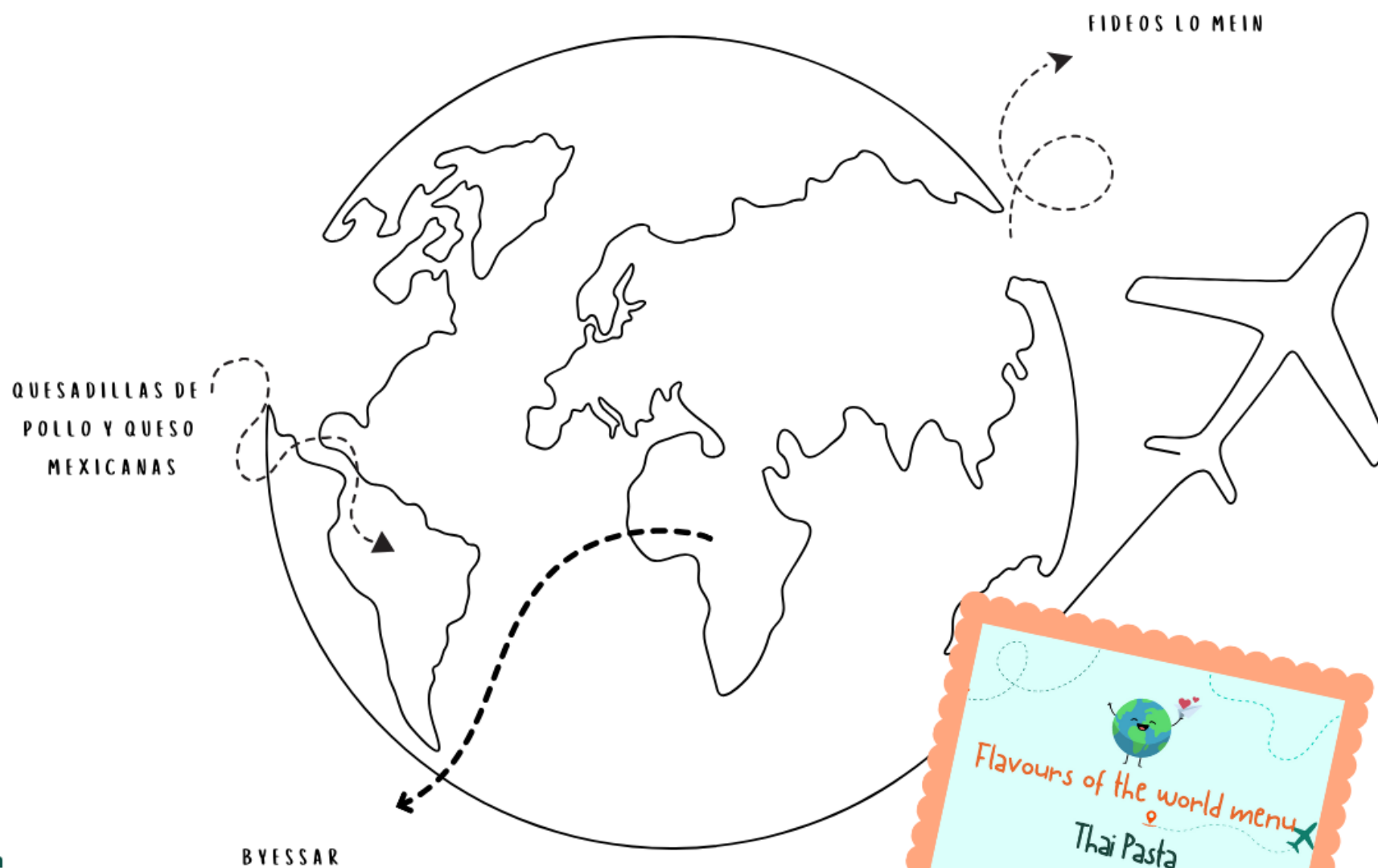


In addition, one day this month you can enjoy an exotic menu in the school canteen.

DAY OF RESPECT FOR CULTURAL DIVERSITY

OCTOBER

At Servalia, we want to take you on a journey through the 5 continents to show you how delicious and tasty it is to live with other cultures. To do this, we have collected some of the most typical recipes for you to try at home:



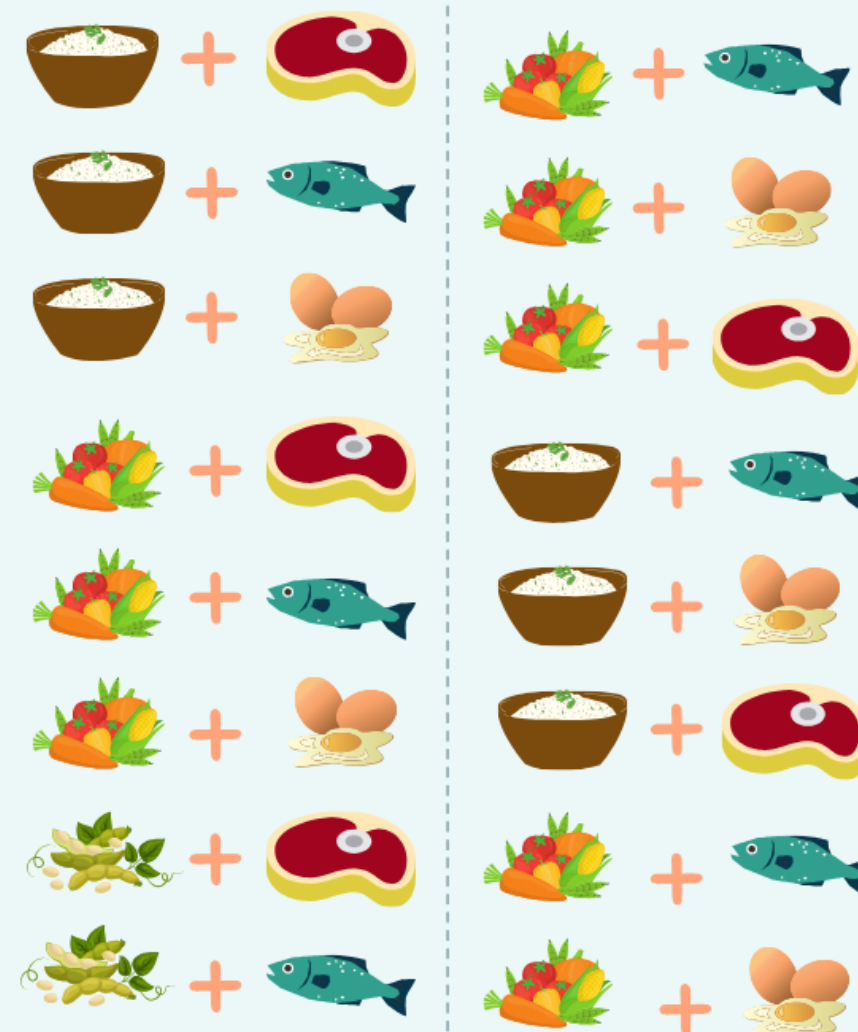
DINNER RECOMMENDER



LUNCH



DINNER



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