



November



Monday 6th Nov		Tuesday 7th Nov		Wednesday 8th Nov		Thursday 9th Nov		Friday 10th Nov	
29	Mixed Salad	1	Pasta Salad	1	PUMPKIN SOUP	1	Tomato & Cucumber	1	Cream of Courgette Soup
2	Pasta Napolitana	2	Potato Homelet with green salad	2	Fish fillets with Sauce, wedges & vegetables	2	Chicken curry with rice	2	Margarita Pizza & Chipe
2	Tomato & Vegetable pasta	2	Potato Homelet with green salad	2	VEG.PASTY WEDGES AND VEGETABLES	2	Vegetable curry with rice	2	MARGHERITA PIZZA & CHIPS
3	Fruit Yogurt	3	SEASONAL FRUIT	3	DRINKING YOGHURT	3	Three chocolate cake	3	SEASONAL FRUIT
Monday 13th Nov		Tuesday 14th Nov		Wednesday 15th Nov		Thursday 16th Nov		Friday 17th Nov	
1	Mixed Salad	1	Carrot & cucumber sticks		Noodle soup	1	GREEN SALAD	1	Lentil Soup
2	Pasta Carbonara	2	Chicken enchilados & Nachos		HAKE FILLETS IN BATTER, WEDGES & SAUTED VEGTARI FS	2	BEEF BURITOS & RICE	2	Chicken and turkey hotdogs with chips
2	Creamy Pasta	2	Veggie Enchiladas	2	Vegetable bake with wedges and vegetables	2	Veg burritos and rice	2	Chicken and turkey hotdogs with chips
3	Chocolat Custard	3	SEASONAL FRUIT	3	DRINKING YOGHURT	3	Lemon Tart	3	SEASONAL FRUIT
Monday 20th Nov		Tuesday 21st Nov		Wednesday 22nd Nov		Thursday 23rd Nov		Friday 24th Nov	
1	Mixed Salad	1	Green Salad	1	Chickpea Soup	1	Greek Salad	1	Leek & Potato Soup
2	Bolognese Pasta	2	CHICKEN IN BREADCRUMBS WITH RICE SALAD	2	Fish fillets with Sauce, wedges & vegetables	2	CHILLI CON MEAT WITH RICE	2	CHICKEN PINCHITOS & CHIPS
2	Tomato & Vegetable pasta		Batter veggie and rice	2	VEG.PASTY WEDGES AND VEGETABLES	2	VEGETARIAN CHILLI WITH RICE	2	Batteres Vegetables & chips
3	CRÈME CAMEL	3	SEASONAL FRUIT	3	DRINKING YOGHURT	3	Black Forest Cake	3	SEASONAL FRUIT
Monday 27th Nov		Tuesday 28th Nov		Wednesday 29th Nov		Thursday 30th Nov		Friday 1st Dec	
1	GREEN SALAD	1	MIXED SALAD	1	CREAM OF VEGETABLE SOUP	1	DICED TOMATOES	1	CARROT & CORRIANDER SOUP
2	SPAGHETTI WITH MEATBALLS	2	CHICKEN PAELLA	2	HAKE FILLETS IN BATTER, WEDGES AND VEGETABLES	2	CHICKEN , VEGETABLES WITH RICE	2	Irish burger and chips
2	SPAGUETTI AND TOMATO/TUNA SAUCE	2	VEGETARIAN PAELLA	2	VEGETABLE BAKE WIH WEDGES AND VEGETABLES	2	RATATUI AND RICE	2	Veggie Burger with chips
3	RICE PUDDING	3	SEASONAL FRUIT	3	DRINKING YOGHURT	3	REDCURRANT CAKE	3	SEASONAL FRUIT



Noviembre



Lunes 6 Nov		MARTES 7 Nov		MIERCOLES 8 Nov		JUEVES 9 Nov		VIERNES 10 Nov	
1	ENSALADA MIXTA	1	ENSALADA DE PASTA	1	CREMA DE CALABAZA	1	TOMATE Y PEPINO	1	CREMA DE CALABACÍN
2	PASTA NAPOLITANA	2	TORTILLA DE PATATAS CON ENSALADA VERDE	2	FILETES DE PESCADO EN SALSA CON GAJOS Y VERDURAS	2	CURRY DE POLLO CON ARROZ	2	PIZZA MARGARITA CON PATATAS
2	PASTA CON TOMATE Y VERDURAS	2	TORTILLA DE PATATAS CON ENSALADA VERDE	2	VERDURAS ASADAS CON GAJOS DE PATATAS	2	CURRY VEGETAL CON ARROZ	2	PIZZA MARGARITA CON PATATAS
3	YOGUR DE MACEDONIA	3	FRUTA TEMPORADA	3	YOGUR BEBIBLE	3	TARTA DE 3 CHOCOLATES	3	FRUTA DE TEMPORADA
LUNES 13 Nov		MARTES 14 Nov		MIERCOLES 15 Nov		JUEVES 16 Nov		VIERNES 17 Nov	
1	ENSALADA MIXTA	1	BASTONCITOS DE ZANAHORIA Y PEPINO	1	SOPA DE FIDEOS	1	ENSALADA MIXTA	1	LENTEJAS
2	PASTA CARBONARA	2	ENCHILADAS DE POLLO CON NACHOS	2	MERLUZA EMPANADA CON PATATAS Y VERDURAS	2	BURRITOS TERNERA CON ARROZ	2	PERRITOS CALIENTES DE PAVO Y POLLO CON PATATAS
2	PASTA CREMOSA	2	ENCHILADAS VEGETARIANAS	2	EMPANADA VEGETAL CON GAJOS Y VERDURAS	2	BURRITOS VEGETALES CON ARROZ	2	PERRITOS CALIENTES DE PAVO Y POLLO CON PATATAS
3	NATILLAS DE CHOCOLATE	3	FRUTA TEMPORADA	3	YOGUR BEBIBLE	3	TARTA LIMÓN	3	FRUTA DE TEMPORADA
LUNES 20 Nov		MARTES 21 Nov		MIERCOLES 22 Nov		JUEVES 23 Nov		VIERNES 24 Nov	
1	ENSALADA MIXTA	1	ENSALADA MIXTA	1	POTAJE DE GARBANZOS	1	ENSALADA GRIEGA	1	SOPA DE PUERRO Y PATATA
2	PASTA BOLOÑESA	2	POLLO EMPANADO CON ENSALADA DE ARROZ	2	PESCADO EN SALSA CON GAJOS DE PATATAS Y VERDURAS	2	CHILLI CON CARNE Y ARROZ	2	PINCHITOS DE POLLO CON PATATAS
2	PASTA CON TOMATE Y VERDURAS	2	VERDURAS EMPANADA CON ARROZ	2	VERDURAS ASADAS CON GAJOS PATATAS	2	CHILI VEGETARIANO CON ARROZ	2	VERDURAS ASADAS CON PATATAS
3	FLAN	3	FRUTA TEMPORADA	3	YOGUR BEBIBLE	3	TARTA FRUTOS ROJOS	3	FRUTA DE TEMPORADA
LUNES 27 Nov		MARTES 28 Nov		MIERCOLES 29 Nov		JUEVES 30 Nov		VIERNES 1 Dic	
1	ENSALADA MIXTA	1	ENSALADA MIXTA	1	CREMA DE VERDURAS	1	TOMATE PICADO	1	SOPA DE ZANAHORIA Y CILANTRO
2	SPAGUETTI CON ALBONDIGAS	2	PAELLA DE POLLO	2	MERLUZA EMPANADA CON GAJOS DE PATATAS Y VERDURAS	2	POLLO CON VERDURAS Y ARROZ	2	HAMBURGUESA IRLANDESA CON PATATAS
2	SPAGUETTI CON TOMATE/SALSA A	2	PAELLA VEGETARIANA	2	EMPANADA VEGETAL CON GAJOS Y VERDURAS	2	RATATUI CON ARROZ	2	HAMBURGUESA VEGETAL CON PATATAS
3	ARROZ CON LECHE	3	FRUTA TEMPORADA	3	YOGUR BEBIBLE	3	TARTA DE GROSELLA Y QUESO	3	FRUTA DE TEMPORADA