

	EIC - OCTOBER 2018 - WEEK 1	OCTOBER 2018 - WEEK 2
M	1	8
	Green leaf salad with tomatoes (canonigos)	Pasta salad (optional: tuna)
	Chicken broth with noodles	Cream of vegetables
	Meatballs (chicken) in tomato sauce with rice, peas	Chicken fillets with herbs and cous cous
	Fruit	Fruit
T	2	9
	Mixed salad (lettuce, tomato, corn and carrot)	Caesar salad
	Pasta quills with two sauces (tomato or cheese)	Vegetable broth
	Baked hake with vegetables	Meatballs (chicken) in tomato sauce with rice, peas
	Custard	Yoghurt
W	3	10
	Sliced tomato and cheese	Mixed salad (lettuce, tomato, corn and carrot)
	Cream of vegetable soup	Pasta quills with two sauces (tomato or cheese)
	Shepherd's pie with broccoli	Baked hake with vegetables
	Fruit	Fruit
T	4	11
	Mixed salad (lettuce, tomato, corn and carrot)	Sliced tomato and cheese
	Chinese style noodles with vegetables	Paella style rice with fish
	Fish croquettes (cod) with corn	Roasted chicken drumstick with vegetables
	Ice cream	Jelly
F	5	12
	Caesar salad	
	Gazpacho	FESTIVE
	Burgers (turkey) with chips	

	Fresh fruit salad	
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OCTOBER 2018 - WEEK 3		OCTOBER 2018 - WEEK 4	
M	15	22	
	Mixed salad (lettuce, tomato, corn and carrot)	Sliced tomato and tuna	
	Pasta bolognese	Cream of leek soup	
	Hake sticks with corn	Baked hake with vegetables	
	Fruit	Fruit	
T	16	23	
	Caesar salad	Green leaf salad with tomatoes (canonigos)	
	Gazpacho	Chickpeas with spinach	
	Roasted chicken drumstick with vegetables	Breaded chicken with rice & veg.	
	Petit suisse	Yoghurt	
W	17	24	
	Sliced tomato and cheese	Caesar salad	
	Vegetable broth	Lentils	
	Meatballs with rice	Calamari with chips	
	Fruit	Fruit	
T	18	25	
	Pasta salad (optional: tuna)	Sliced tomato and cheese	
	Chicken broth with noodles	Gazpacho	
	Breaded hake with green beans	Fish nuggets with dice potatoes	
	Ice cream	Homemade sponge with custard	
F	19	26	
		Mixed salad (lettuce, tomato, corn and carrot)	
	FESTIVE	Chicken broth soup	
		Variety of pizzas	

		<b>Fresh fruit salad</b>
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