



OCTOBER 2018

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| MONDAY 1st Potatoes in green sauce Sardines and salad Fruit | TUESDAY 2nd Lentils and pork stew Chicken with vegetables Yoghurt | WEDNESDAY 3th Chicken soup Steak and chips Fruit | THURSDAY 4th Chickpeas stew Hake with salad Flan | FRIDAY 5th Cuban rice Hamburger and tomato sauce with salad Fruit |
| MONDAY 12th Macaroni Sausages with salad Fruit | TUESDAY 9th Pumpkin cream. Meat in sauce and chips Yoghurt | WEDNESDAY 10th Potatoes and pork stew Fish and salad Milk with biscuits | THURSDAY 11th Green beans in tomato sauce Spanish omelette Fruit | |
| MONDAY 15th Lentils with rice Cod and lettuce Fruit | TUESDAY 16th Rice in tomato sauce Stuffed eggs and salad Yoghurt | WEDNESDAY 17th Chickpeas stew Hamburger and lettuce Fruit | THURSDAY 18th Vegetable cream Fish and chips Cake | FRIDAY 19th White beans stew Meat in tomato sauce Fruit |
| MONDAY 22rd Spaghetti Bolognese Loin and salad Fruit | TUESDAY 23th Lentils and pork stew Chicken in sauce Yoghurt | WEDNESDAY 24th Potatoes and squids Tuna omelet and salad Fruit | THURSDAY 25th Chicken soup Stewed meat and chips Fruit | FRIDAY 26th Vegetable cream Battered fish and garnish Biscuits |