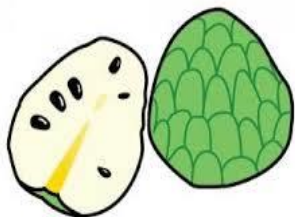


OCTOBER 2019



	TUESDAY 1st Lentils and vegetables Spanish omelet with salad yoghurt	WEDNESDAY 2nd Chicken soup Turkey stew and green peas with chips Fruit	THURSDAY 3rd Chickpeas stew Hake in sauce with salad Yoghurt	FRIDAY 4th EDUCATIONAL OUTPUT
MONDAY 7th Macaroni and tuna Sardines with salad Fruit	TUESDAY 8th Courgette cream. Loin in sauce with chips Yoghurt	WEDNESDAY 9th Lentils with rice Fish and salad Fruit shake	THURSDAY 10th Green beans in tomato sauce Spanish omelet yoghurt	FRIDAY 11th Chickpeas stew Hake with salad Chocolate milkshake
MONDAY 14th Lentils stew Cod with tomato and lettuce Fruit	TUESDAY 15th Rice in tomato sauce Stuffed eggs and salad Milk and cacao	WEDNESDAY 16th Chickpeas stew Meatballs in sauce and lettuce Fruit	THURSDAY 17th Vegetable cream Fish and chips Cake	FRIDAY 18th White beans stew Meat with tomato sauce Fruit
MONDAY 21st Spaghetti Bolognese Loin and salad Fruit shake	TUESDAY 22nd Lentils and pork stew Chicken in sauce with mushrooms Yoghurt	WEDNESDAY 23rd Potatoes and squids Tuna omelet and salad Fruit	THURSDAY 24th Chickpeas stew Stewed meat and chips Yoghurt	FRIDAY 25th Green beans Fish with garnish Biscuit