

# CANTEEN MENU

## OCTOBER 2025

Monday, 29 September	Tuesday, 30 September	Wednesday, 01 October	Thursday, 02 October	Friday, 03 October
Soup or raw vegetables  Cajun chicken Mexican vegetables Yellow rice  <u>VEGETARIAN</u> Roasted sweet potato Mexican vegetables Yellow rice  Seasonal fruit	Soup or raw vegetables    Pasta with broccoli pesto Young carrots  Dairy	Soup or raw vegetables  Hake with cornflakes Green bean salad Steamed potatoes  <u>VEGETARIAN</u> Omelette Green bean salad Steamed potatoes  Seasonal fruit	Irish salad  <b>FOCUS MENU</b> Shepherd's pie Green peas    <u>VEGETARIAN</u> Vegetarian shepherd's pie Green peas  Irish apple cake	Soup or raw vegetables    Spinach ravioli Neapolitan sauce Cheese Italian salad  Dairy
Monday, 06 October	Tuesday, 07 October	Wednesday, 08 October	Thursday, 09 October	Friday, 10 October
Soup or raw vegetables  Turkey cubes Stewed lentils Bulgur wheat  <u>VEGETARIAN</u> Butternut braisé Lentilles cuisinées Boulghour  Seasonal fruit	Soup or raw vegetables  Chipolata sausage (veal and pork) Creamed spinach  Duchess potatoes  <u>VEGETARIAN</u> Vegan burger Creamed spinach Duchess potatoes  Seasonal fruit	Soup or raw vegetables  Chicken schnitzel Zucchini Rice  <u>VEGETARIAN</u> Shakshuka with eggs Zucchini Rice  Seasonal fruit	Soup or raw vegetables    Spaghetti bolognese (vegan mince - vegetables) Cheese  Dairy	Soup or raw vegetables  Meunière-style plaice Polish-style cauliflower Sautéed potatoes  <u>VEGETARIAN</u> Cheese puff pastry Polish-style cauliflower Sautéed potatoes  Seasonal fruit

NB : menu subject to change

Menu adapted according to the age of the children






: vegetarian menu



contains pork

# CANTEEN MENU

## OCTOBER 2025

Monday, 13 October	Tuesday, 14 October	Wednesday, 15 October	Thursday, 16 October	Friday, 17 October
Soup or raw vegetables Chicken kebab Seasonal salad Cucumber with yogurt Bread <u>VEGETARIAN</u>  Seasonal fruit	Raw vegetables Iberian pork pluma Butter beans Patatas brava  <u>VEGETARIAN</u>  Seasonal fruit	Soup or raw vegetables  Mac and cheese with cheddar Seasonal salad  Dairy	Soup or raw vegetables  Chicken burger Applesauce Homemade mashed potatoes <u>VEGETARIAN</u>  Seasonal fruit	Soup or raw vegetables Cod fish sticks Vegetable medley Remoulade Boiled potatoes <u>VEGETARIAN</u>  Seasonal fruit
Monday, 20 October	Tuesday, 21 October	Wednesday, 22 October	Thursday, 23 October	Friday, 24 October
Soup or raw vegetables Lamb curry Seasonal vegetables and red lentils Jasmine rice <u>VEGETARIAN</u>  Seasonal fruit	Soup or raw vegetables  Omelette Caesar salad Roasted baby potatoes  Dairy	Soup or raw vegetables  Phad Thai with chicken <u>VEGETARIAN</u>  Seasonal fruit	Soup or raw vegetables MSC pollock Mixed vegetables and chickpeas Organic bulgur <u>VEGETARIAN</u>  Seasonal fruit	Potage citrouille  Homemade lasagna (beef & vegetables) <u>VEGETARIAN</u>  Ice cream 

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: vegetarian menu



: contains pork