

CANTEEN MENU

OCTOBER 2025



Monday, 29 September

Soup or raw vegetables

Cajun chicken

Mexican vegetables

Yellow rice

VEGETARIAN

Roasted sweet potato

Mexican vegetables

Yellow rice

Seasonal fruit

Tuesday, 30 September

Soup or raw vegetables



Pasta with broccoli pesto Young carrots

Dairy

Wednesday, 01 October

Soup or raw vegetables

Hake with cornflakes Green bean salad Steamed potatoes

VEGETARIAN

Omelette Green bean salad Steamed potatoes

Seasonal fruit

Thursday, 02 October

Irish salad

FOCUS MENU

Shepherd's pie

Green peas

VEGETARIAN

Vegetarian shepherd's pie Green peas

Irish apple cake

Friday, 03 October

Soup or raw vegetables



Spinach ravioli Neapolitan sauce Cheese Italian salad

Dairy

Monday, 06 October

Soup or raw vegetables

Turkey cubes Stewed lentils Bulgur wheat

VEGETARIAN

Butternut braisé Lentilles cuisinées Boulghour

Seasonal fruit

Tuesday, 07 October

Soup or raw vegetables

Chipolata sausage (veal and pork) Creamed spinach Duchess potatoes

VEGETARIAN

Vegan burger Creamed spinach Duchess potatoes

Seasonal fruit

Wednesday, 08 October

Soup or raw vegetables

Chicken schnitzel
Zucchini
Rice

VEGETARIAN

Shakshuka with eggs
Zucchini
Rice

Seasonal fruit

Thursday, 09 October

Soup or raw vegetables



Spaghetti bolognese (vegan mince - vegetables) Cheese

Dairy

Friday, 10 October

Soup or raw vegetables

Meunière-style plaice Polish-style cauliflower Sautéed potatoes

VEGETARIAN

Cheese puff pastry Polish-style cauliflower Sautéed potatoes

Seasonal fruit

Menu adapted according to the age of the children

NB: menu subject to change





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CANTEEN MENU

OCTOBER 2025



Monday, 13 October

Soup or raw vegetables Chicken kebab Seasonal salad Cucumber with yogurt Bread

VEGETARIAN

Seasonal fruit

Monday, 20 October

Soup or raw vegetables

Lamb curry

Seasonal vegetables

and red lentils

Jasmine rice

VEGETARIAN

Seasonal fruit

Tuesday, 14 October

Raw vegetables

Iberian pork pluma Butter beans Patatas brava O

VEGETARIAN

Seasonal fruit

Tuesday, 21 October

Soup or raw vegetables

Omelette

Caesar salad

Roasted baby potatoes

Dairy

Wednesday, 15 October

Soup or raw vegetables



Mac and cheese with cheddar Seasonal salad

Dairy

Wednesday, 22 October

Soup or raw vegetables

Phad Thai

with chicken

Thursday, 16 October

Soup or raw vegetables

Chicken burger **Applesauce** Homemade mashed potatoes

VEGETARIAN

Friday, 17 October

Soup or raw vegetables

Cod fish sticks Vegetable medley Remoulade **Boiled** potatoes

VEGETARIAN

Thursday, 23 October

Seasonal fruit

and chickpeas Organic bulgur

VEGETARIAN

Friday, 24 October

Potage citrouille

Seasonal fruit



Homemade lasagna (beef & vegetables)

VEGETARIAN

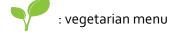


VEGETARIAN

Seasonal fruit

Seasonal fruit

NB: menu subject to change





Soup or raw vegetables

MSC pollock Mixed vegetables

Menu adapted according to the age of the children