

# 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

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## 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> Vegan gyros Cherry tomatoes & cucumber Yogurt sauce Bread Seasonal fruit	Raw vegetables  Mac and cheese with cheddar Seasonal salad Dairy	Soup or raw vegetables Chicken burger Apple compote HOMEMADE Mashed potatoes <u>VEGETARIAN</u> Stuffed peppers Vegetables of the day HOMEMADE Mashed potatoes Seasonal fruit	Soup or raw vegetables Pork pluma (shoulder cut) Butter beans  Papatas bravas <u>VEGETARIAN</u> Tortillas Butter beans Seasonal fruit	Soup or raw vegetables Cod fish sticks Vegetable medley Remoulade Boiled potatoes <u>VEGETARIAN</u> Provençal vegetable tart Mixed vegetables Boiled potatoes 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> Coconut quorn curry Seasonal vegetables and red lentils Jasmine rice Seasonal fruit	Soup or raw vegetables  Omelette Caesar salad Roasted baby potatoes Dairy	Soup or raw vegetables Phad Thai with chicken <u>VEGETARIAN</u> Pad Thai vegetables Seasonal fruit	Soup or raw vegetables MSC pollock Mixed vegetables and chickpeas Organic bulgur <u>VEGETARIAN</u> Eggplant with feta Mixed vegetables and chickpeas Organic bulgur Seasonal fruit	Potage citrouille  Homemade lasagna (beef & vegetables) <u>VEGETARIAN</u> HOMEMADE Vegetarian lasagna  Ice cream

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Menu adapted according to the age of the children



: vegetarian menu



: contains pork