

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

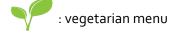
VEGETARIAN

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

Vegan gyros
Cherry tomatoes & cucumber
Yogurt sauce
Bread
Seasonal fruit

Tuesday, 14 October

Raw vegetables



Mac and cheese with cheddar Seasonal salad

Dairy

Wednesday, 15 October

Soup or raw vegetables

Chicken burger
Apple compote
HOMEMADE Mashed potatoes

VEGETARIAN

Stuffed peppers
Vegetables of the day
HOMEMADE Mashed potatoes

Seasonal fruit

Thursday, 16 October

Soup or raw vegetables

Pork pluma (shoulder cut)

Butter beans

Papatas bravas

VEGETARIAN

Tortillas Butter beans

Seasonal fruit

Friday, 17 October

Soup or raw vegetables

Cod fish sticks

Vegetable medley

Remoulade

Boiled potatoes

VEGETARIAN

Provençal vegetable tart Mixed vegetables Boiled potatoes

Seasonal fruit

Monday, 20 October

Soup or raw vegetables

Lamb curry
Seasonal vegetables
and red lentils
Jasmine rice

VEGETARIAN

Coconut quorn curry Seasonal vegetables and red lentils Jasmine rice Seasonal fruit

Tuesday, 21 October

Soup or raw vegetables



Omelette
Caesar salad
Roasted baby potatoes

Dairy

Wednesday, 22 October

Soup or raw vegetables

Phad Thai with chicken

VEGETARIAN

Pad Thai vegetables

Seasonal fruit

Thursday, 23 October

Soup or raw vegetables

MSC pollock
Mixed vegetables
and chickpeas
Organic bulgur

VEGETARIAN

Eggplant with feta

Mixed vegetables and chickpeas

Organic bulgur

Seasonal fruit

Friday, 24 October

Potage citrouille



Homemade lasagna (beef & vegetables)

VEGETARIAN

HOMEMADE

Vegetarian lasagna

Tce cream

Menu adapted according to the age of the children

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