



What de we eat in October...



Monday 2	Tuesday 3	Thursday 5	Friday 6
beetroot salad minced pork vegetables wok jasmine rice* dessert	Carrot soup vegetarian paella fruit*	tuna peaches Basque style roasted chicken wheat pasta fruit*	broccoli Cream soup fish fillet Carrots with thyme steamed potatoes milk product*
Monday 9	Tuesday 10	Thursday 12	Friday 13
Minestrone soup chicken breast appel Compote puree milk product*	salad with turkey dice Marengo veal forgotten vegetables rice fruit*	pepper salad sautéed beef Varied salad* baked potatoes milk product*	waterCress soup omelette ratatouille semolina ice Cream
Monday 16	Tuesday 17	Thursday 19	Friday 20
salad with nuts pasta with vegetables milk product*	tomato soup Swiss steak (cheese) mixed salad baked potato wedges fruit*	wish day Pita Gyros dessert	Carrot salad fish fillet spinach puree dessert
Monday 23	Tuesday 24	Thursday 26	Friday 27
Chinese cabbage salad turkey stew assorted vegetables steamed potatoes fruit*	salad with sweetcorn sautéed scampis Asiatic vegetables jasmine rice* milk product*	mushroom Cream soup Cheese Croquette baguette fruit*	seasonal soup bacon slices pumpkin wheat semolina dessert
* Issu de l'agriculture, de l'élevage et/ou de la pêche écologique et éco responsable		plats végétariens	vegetal cream