

CANTEEN MENUS

OCTOBER 2026

Monday, 28 September	Tuesday, 29 September	Wednesday, 30 September	Thursday, 01 October	Friday, 02 October
Salad or raw vegetables Cajun chicken Mexican vegetables Rice VEGETARIAN : Tomato chive omelette Raw vegetable salad Rice Seasonal fruit	Salad or raw vegetables  Fusilli carbonara Vegan baco Dairy	Salad or raw vegetables MSC Hake Broccoli Roasted potatoes VEGETARIAN : Vegetarian cheese croquette Broccoli Roasted potatoes Seasonal fruit	Irish salad FOCUS MENU  Shepherd's pie   Green peas VEGETARIAN : Vegan shepherd's pie Green peas Irish apple cake	Salad or raw vegetables Turkey cubes Provençal green beans Bulgur VEGETARIAN : Vegetable and lentil patty Provençal green beans Bulgur Seasonal fruit
Monday, 05 October	Tuesday, 06 October	Wednesday, 07 October	Thursday, 08 October	Friday, 09 October
Salad or raw vegetables Chicken kebab Raw vegetable salad Yogurt salad Lebanese bread VEGETARIAN : Vegan gyros Raw vegetable salad Yogurt sauce Lebanese bread Seasonal fruit	Salad or raw vegetables Pork strips  Three-cabbage mix Orzo VEGETARIAN : Stuffed tomato Three-cabbage mix Orzo Seasonal fruit	Salad or raw vegetables Chicken chipolata Apple compote Duchess potatoes VEGETARIAN : Vegan chipolata Apple compote Duchess potatoes Seasonal fruit	Salad or raw vegetables  Chili sin carne Red and black beans Rice Dairy	Salad or raw vegetables MSC Pollock Creamed carrot with chives Roasted potatoes VEGETARIAN : Falafel Creamed carrots with chived Roasted potatoes Seasonal fruit

NB : menu subject to change

Menu adapted according to the children's age

 : vegetarian menu

 : contains pork

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Monday, 12 October	Tuesday, 13 October	Wednesday, 14 October	Thursday, 15 October	Friday, 16 October
Salad or raw vegetables Beef mafé with peanut and sweet potato Semolina <u>VEGETARIAN :</u> Moroccan shakshuka Semolina Seasonal fruit	Salad or raw vegetables Chicken drumstick Spanish-style zucchini Patatas bravas <u>VEGETARIAN :</u> Vegan burger Spanish-style zucchini Patatas bravas Seasonal fruit	Salad or raw vegetables  Mac and cheese Seasonal salad Dairy	Salad or raw vegetables Panko-coated chicken Coleslaw Wraps <u>VEGETARIAN :</u> Crispy vegan Coleslaw Wraps Seasonal fruit	Salad or raw vegetables Calamari Lemon mayonnaise Seasonal salad Baby potatoes <u>VEGETARIAN :</u> Vegetable quiche Seasonal salad Baby potatoes Seasonal fruit
Monday, 19 October	Tuesday, 20 October	Wednesday, 21 October	Thursday, 22 October	Friday, 23 October
Salad or raw vegetables Turkey cubes Mild paprika Two-bean mix Wheat grains <u>VEGETARIAN :</u> Vegan paprika meatballs Two-bean mix Wheat grain Seasonal fruit	Salad or raw vegetables  Vegetable spring rolls Sweet and sour sauce Cantonese-style rice Dairy	Salad or raw vegetables Mushroom vol-au-vent Buttered macaroni <u>VEGETARIAN :</u> Vegetarian mushroom vol-au vent Buttered macaroni Seasonal fruit	Salad or raw vegetables  Liège-style meatballs Thyme gravy Carrot stoemp <u>VEGETARIAN :</u> Vegan sausage with onions Carrot stoemp Seasonal fruit	Pumpkin soup  Pizza  Ice cream

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Menu adapted according to the children's age



: vegetarian menu



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