



What do we eat in October?



Monday	Tuesday	Thursday 1	Friday 2
		tuna peach breaded turkey escalope Basque style wheat pasta fruit*	pizza Margherita chocolate mousse
Monday 5	Tuesday 6	Thursday 8	Friday 9
Minestrone soup fresh pasta Bolognese sauce vegetables milk product*	poultry tacos garnishes Tex Mex sauce fruit*	Carrot soup minced veggie grilled vegetables* baguette* fruit*	pepper salad Chipolata sausage (pork) apple compote puree milk product*
Monday 12	Tuesday 13	Thursday 15	Friday 16
pumpkin soup vegetarian pasta* fruit*	Thai lentils salad beef stew carrots* homemade purée biscuit*	tomato soup couscous merguez fruit*	mixed salad fish fillet French beans with tomato "pépinettes" pasta" milk product*
Monday 19	Tuesday 20	Thursday 22	Friday 23
Chinese Cabbage* salad turkey stew assorted vegetables steamed potatoes fruit*	salad with sweetcorn sautéed scampis Asiatic vegetables jasmine rice* milk product*	seasonal soup pasta gratin with ham + mushrooms milk product*	bouillon soup vegetarian burger salad* bun breads fruit*

* From sustainable agriculture & farming & ecologically responsible