

OCTOBER | GRESOL INTERNATIONAL SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 PLANT-BASED PROTEIN AS ESTABLISHED BY ROYAL DECREE 315/2025**			1P RUSSIAN SALAD (3, 4) 2P BEEF STEW GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 1	1P VEGETABLE SOUP (12, T9) 2P GRILLED TURKEY WITH ONION SAUCE GU FRESH SALAD (lettuce, tomato and carrot) (T9) PO YOGURT (7) 2
1P "TRINXAT DE LA Cerdanya" (sauteed cabbage and potato with bacon) (12) 2P "ANDALUSIAN" HAKE (Fried with flour) (1, 4, T2, T14) GU BABY CARROT PO FRESH FRUIT 5	1P LEEKS CREAM (12, T9) 2P BAKED MARINATED TURKEY (1, 6, 10, T1, T10) GU FRESH SALAD PO YOGURT (7) 6	1P MUSHROOM SAUCE PASTA (1, 7, T6, T10) 2P GRILLED PORK LOIN IN "CHIMICHURRI" SAUCE (12) GU GRILLED COURGETTE PO FRESH FRUIT 7	1P HOMEMADE POULTRY, VEGETABLES & WHOLE WHEAT PASTA SOUP (1, 3, 9, 12, T6, T10) 2P POTATOES OMELETTE (3, 12) GU FRESH SALAD (lettuce, apple and tomato) PO FRESH FRUIT 8	HOLIDAY 9
HOLIDAY 12	1P NAPOLITAN PASTA (homemade tomato sauce) (1, 7, T3, T6, T10) 2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6) GU CHIPS PO FRESH FRUIT 13	1P LENTILS & VEGETABLE STEW (T1, T9) 2P CHEESE OMELETTE (3, 7) GU FRESH SALAD WITH AVOCADO PO FRESH FRUIT 14	1P HOMEMADE VEGETAL PIZZA (tomato sauce, mozzarella, aubergine, onion, courgette, mushrooms and olives) (1, 7) 2P CHICKEN WITH BARBACUE SAUCE (12) GU ONION RINGS (1) PO FRESH FRUIT 15	1P RICE WITH HOMEMADE TOMATO SAUCE 2P BAKED HAKE (onion and tomato) (4, T2, T14) GU SEASONED TOMATOES PO FRESH FRUIT 16
1P BOILED MIXED VEGETABLES (T9) 2P VEGGIE BALLS WITH TOMATO SAUCE (T6) GU SAUTED COUSCOUS (1, T6, T10) PO YOGURT (7) 19	1P MAC & CHEESE (pasta au gratin with cheese) (1, 7, T3, T6, T10) 2P "GALICIAN" HAKE (with onion and sweet paprika) (4, T2, T14) GU LETTUCE, CARROT AND SWEET CORN (T9) PO FRESH FRUIT 20	1P CARROT CREAM (potato and onion) (12, T9) 2P HOMEMADE PANKO CHICKEN FINGERS (1, 3, T6, T10) GU SEASONED TOMATO AND OLIVES PO FRESH FRUIT 21	1P FISH "PAELLA" (2, 4, 9, 12, 14, T2, T4, T9) 2P EGGS AU GRATIN WITH TOMATO SAUCE (1, 3, 7, T3) GU FRESH SALAD (lettuce, sweet corn and beetroot) PO FRESH FRUIT 22	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) (T9) 2P LOIN WITH APPLE SAUCE GU SAUTEED POTATOES WITH GARLIC AND PARSLEY (12) PO FRESH FRUIT 23
1P CUBAN RICE WITH BOILED EGG (3) 2P BAKED COD (with onion and tomato) (4) GU BOILED EDAMAMES (6) PO FRESH FRUIT 26	1P MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9, 12, T6, T10) 2P HOMEMADE ANDALUSIAN STYLE CALAMARI (1, 14) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 27	1P LENTILS & VEGETABLE STEW (T1, T9) 2P POTATOES OMELETTE (3, 12) GU FRESH SALAD (lettuce, tomato and carrot) (T9) PO FRESH FRUIT 28	1P "TRINXAT DE LA Cerdanya" (sauteed cabbage and potato with bacon) (12) 2P BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 6, T1, T5, T6, T7, T8, T9, T10, T11) PO FRESH FRUIT 29	1P PUMPKIN CREAM (potatoes and onion) (12) 2P BAKED AUTUMN CHICKEN GU CHIPS PO CHOCOLATE CUSTARD (3, 7) 30