|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday 2** | **In green** | **Wednesday 4** | **Thursday 5** | **Friday 6** |
| Cream of vegetable soup | Lettuce, onion and carrot salad | Toast with humus | Chicken, leek, carrot and celery soup | Sprout salad |
| Beef and macaroni stew | Vegetable “paella” | Octopus with boiled potatoes and paprika | Tuna omelette with ratatouille | Chickpea stew |
| Natural yoghurt | Pear | Orange | Apple | Fruit juice |
| **Monday 9** | **Tuesday 10** | **In green** | **Thursday 12** | **Friday 13** |
| Tomato with oregano | Cream of gourd soup | Warm spinach salad |  | Lettuce and olive salad |
| Hake in green sauce with couscous | Poached eggs with rice and tomato sauce | Asturian beans with vegetables |  | Boiled ray and potatoes |
| Apple | Pear | Plum |  | Banana |
| **In green** | **Tuesday 17** | **Wednesday 18** | **Thursday 19** | **Friday 20** |
| Avocado dip | Green beans | Lettuce and onion salad | Pizza | Cream of carrot soup |
| Rice with codium and kombu seaweed | Omelette with beetroot salad | Chicken, vermicelli and vegetable stew | Lentil stew | Salmon and potato stew |
| Strawberry yoghurt | Tangerine | Apple | Pear | Fruit salad |
| **Monday 23** | **Tuesday 24** | **In green** | **Thursday 26** | **Friday 27** |
| Vegetable stew | Garlic soup | Cabbage with paprika and garlic sauce | Cheese and tomato cherry skewer | Minestrone soup |
| Croquettes with salad | Grilled eggs with baked potatoes | Couscous with vegetables | Rice with squids in their ink | Steak with pasta |
| Apple | Tangerine | Pear | Banana | Fruit shake |
| **қазақстан** | **HALLOWEEN** |  |  |  |
| Shorpo | Whaaaattttt!!!! |  |  |  |
| Beshbarmark | OHHHHH NOOOOO!!! |  |  |  |
| Orange | Disgusting sweets |  |  |  |