

# Coruña BRITISH INTERNATIONAL SCHOOL - Octubre 2025

| Lunes                                                                                                                                        | Martes                                                                                                                                       | Miércoles                                                                                                                                    | Jueves                                                                                                                                       | Viernes                                                                                                                                    | Sábado | Domingo |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|
| 27                                                                                                                                           | 28                                                                                                                                           | 29                                                                                                                                           | 30                                                                                                                                           | 31                                                                                                                                         | 1      | 2       |
| 3                                                                                                                                            | 4 <ul style="list-style-type: none"> <li>• Broccoli with paprika oil &amp; garlicks</li> <li>• Meatballs stew</li> <li>• Fruit</li> </ul>    | 5 <ul style="list-style-type: none"> <li>• Pasta with green pesto</li> <li>• Baked salmon &amp; salad</li> <li>• Fruit</li> </ul>            | 6 <ul style="list-style-type: none"> <li>• Vegetables soup</li> <li>• Garlic chicken &amp; couscous</li> <li>• Fruit</li> </ul>              | 7 <ul style="list-style-type: none"> <li>• Three delights rice</li> <li>• Grilled with salad</li> <li>• Fruit</li> </ul>                   | 8      | 9       |
| 10 <ul style="list-style-type: none"> <li>• Lentils stew</li> <li>• Potato omelette with salad</li> <li>• Fruit</li> </ul>                   | 11 <ul style="list-style-type: none"> <li>• Rice with tomato sauce and mushrooms</li> <li>• Hake in green sauce</li> <li>• Yogurt</li> </ul> | 12 <ul style="list-style-type: none"> <li>• Oven green beans with potatoes</li> <li>• Roasted chicken with salad</li> <li>• Fruit</li> </ul> | 13 <ul style="list-style-type: none"> <li>• Curry chickpeas</li> <li>• Tikamasala chicken</li> <li>• Fruit</li> </ul>                        | 14 <ul style="list-style-type: none"> <li>• Noodles soupo with ham&amp; egg</li> <li>• Baked hake with salad</li> <li>• Fruit</li> </ul>   | 15     | 16      |
| 17 <ul style="list-style-type: none"> <li>• Leeks cream with minced egg</li> <li>• Macaronni with soya bolognes</li> <li>• Yogurt</li> </ul> | 18 <ul style="list-style-type: none"> <li>• Galician style cauliflower</li> <li>• Pork stew with potatoes</li> <li>• Fruit</li> </ul>        | 19 <ul style="list-style-type: none"> <li>• Vegetable paella</li> <li>• Cod with peppers sauce</li> <li>• Fruit</li> </ul>                   | 20 <ul style="list-style-type: none"> <li>• Pumpkin cream</li> <li>• Pork with paprika oil and potatoes</li> <li>• Fruit</li> </ul>          | 21 <ul style="list-style-type: none"> <li>• Creamy rice with vegetables</li> <li>• Andalusian cod &amp; salad</li> <li>• Yogurt</li> </ul> | 22     | 23      |
| 24 <ul style="list-style-type: none"> <li>• Lentils stew</li> <li>• French omelette with grilled tomatoes</li> <li>• Fruit</li> </ul>        | 25 <ul style="list-style-type: none"> <li>• Green beans with tomato sauce</li> <li>• Grilled beef with couscous</li> <li>• Fruit</li> </ul>  | 26 <ul style="list-style-type: none"> <li>• Mac &amp; cheese</li> <li>• Monkfish stew</li> <li>• Fruit</li> </ul>                            | 27 <ul style="list-style-type: none"> <li>• Zucchini cream</li> <li>• Cod with tomato sauce &amp; baked potatoes</li> <li>• Fruit</li> </ul> | 28 <ul style="list-style-type: none"> <li>• Galician soup</li> <li>• Galician stew</li> <li>• Fruit</li> </ul>                             | 29     | 30      |

