



Menu Plan Ylaa i-City October 2026

Week 40	Week 41	Week 42	Week 43	Week 44
Monday (28.09.26)	Monday (05.10.26) Pumpkin soup Chicken strips with wholegrain rice and autumn vegetables	Monday (12.10.26) Carrot soup Croque monsieur with leaf salad	Monday (19.10.26) <i>Aji de Gallina</i> <i>Peruvian-style chicken wings with potatoes and broccoli</i>	Monday (26.10.26) Carrot salad Chilli sin carne with pasta and sour cream
Tuesday (29.09.26)	Tuesday (06.10.26) Tomato and mozzarella salad Lentil Bolognese with wholewheat pasta and Parmesan	Tuesday (13.10.26) Cucumber salad Chickpea curry with basmati rice and broccoli	Tuesday (20.10.26) Lamb's lettuce with egg Pasta with pesto rosso and burrata	Tuesday (27.10.26) <i>Ceviche</i> <i>Fish fillet with lime sauce, sweet potatoes and peas</i>
Wednesday (30.09.26)	Wednesday (07.10.26) Cabbage and carrot salad Breaded fish bites with mashed potatoes, peas and carrots	Wednesday (14.10.26) Beetroot salad Swiss Alpine macaroni with apple sauce	Wednesday (21.10.26) Cream of tomato soup Fried egg with green beans and bulgur	Wednesday (28.10.26) Tomato salad Vegetable paella
Thursday (01.10.26) Leaf salad Hawaiian toast	Thursday (08.10.26) <i>Leaf salad</i> <i>Lomo Saltado (beef with vegetables and rice)</i>	Thursday (15.10.26) Carrot salad Oven-baked salmon with Ebly wheat and vegetables	Thursday (22.10.26) Cucumber salad Pizza selection Halloween Party	Thursday (29.10.26) Cucumber salad Asian noodles with vegetables and egg
Friday (02.10.26) Tomato, cucumber and feta salad Pide with cheese	Friday (09.10.26) Vegetable soup Spinach quiche	Friday (16.10.26) <i>Tomato salad</i> <i>Aji de Pollo (mild chicken in a creamy sauce with rice)</i>	Friday (23.10.26) Tomato and cucumber salad Fried rice	Friday (30.10.26) Leaf salad Spaghetti with tomato sauce and Parmesan

Specialities for the educational monthly theme: Peru

