

October 2026 *Alium Restauración*

			Thursday 1	Friday 2
			Lentils with Chorizo Roasted Chicken with Salad and Soya Yogurt	Brown Pasta with Tomato Sauce and Oregano Tuna with Salad and Carrots Fruit
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Vegetables Cream Spanish Omelette with Salad and Olives Fruit	Green Peas Veal with Salad and Asparagus Fruit	Macaroni with Napolitana Sauce Cod with Ratatouille Yogurt	Chickpeas with Vegetables Pork Loin with Salad and Tomato Fruit	Brown Rice with Tomato Sauce Fish with Green Sauce Fruit
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Festive	Potatoes Stew Roasted Turkey with Salad and Mushrooms Fruit	Beans Stew Omelette with Salad and Corn Yogurt	Brown Pasta with Tuna and Tomato Sauce Salmon with Caramelized Onion Fruit	Paella Fish with Pumpkin Fruit
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Green Beans Stew Veal with Potatoes Fruit	Pumpkin Cream Spanish Omelette with Salad and Tomato Fruit	Pasta with Homemade Bolognese Sauce Tuna with Soya Fruit	Brown Rice with Vegetables Roasted Chicken with Salad and Corn Yogurt	Lentils Stew Cod with Salad and Asparagus Fruit
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Seafood Rice Hake with Broccoli Fruit	Fish Marmitako Sauteed Turkey with Salad and Peppers Fruit	Soup Chickpeas Yogurt	Brown Pasta with Tomato Sauce and Cheese Fish with Salad and Onions Fruit	Festive

For any other question, doubts or suggestion, please do not hesitate to contact us in: info@aliumrestauracion.com