

MONTH: January 2022

SCHOOL:

C. Nuestra Señora del Rosario



MENU: General

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10</b> 1st Rice with seafood (2,4,12,13) 2nd Varied salad 3rd Omelette au gratin with cheese (3,7) Dessert: Natural fruit	<b>11</b> 1º Lentils with pepper stir-fry and <i>chistorra</i> (1,6,7,12) 2nd Varied salad 3rd Baked cod with potatoes (1,4) Dessert: Natural fruit	<b>12</b> 1st Cauliflower au gratin with carbonara sauce (6,7) 2nd Varied salad 3rd Hamburger with ketchup and sautéed vegetables (12) Dessert: Natural fruit	<b>13</b> 1st Cooked Soup (1,3) 2nd Varied salad (12) 3rd Full cooked (3,6,7,12) (chickpeas, vegetables and meat) Dessert: Natural fruit	<b>14</b> 1st Greek Salad (lettuce, tomato, onion, cucumber, cheese, olives and basil) (7) 2nd <i>Gazpacho manchego</i> (1) Dessert: Milkshake with fruits (7)
<b>17</b> 1st Seasonal Vegetable Cream (3,7) 2nd Varied salad 3rd Turkey (6) with sautéed corn and onion Dessert: Natural fruit	<b>18</b> 1st Spirals with chicken and vegetables (1,3) 2nd Varied salad 3rd Baked hake with sautéed julienne vegetables (4) Dessert: Natural fruit	<b>19</b> 1st Soup covered with noodles (1,3) 2nd Varied salad 3rd Loin pork with barbecue sauce Dessert: Fruit natural	<b>20</b> 1st Stew of legumes 2nd Varied salad 3rd Potato omelette with baby carrot (3) Dessert: Natural fruit	<b>21</b> 1st Chicken, apple, olives and pink sauce salad (3) 2nd Anchovy in tempura with grilled vegetables (4) Dessert: Dairy (7)
<b>24</b> 1st Pumpkin cream 2nd Varied salad 3rd Homemade sausages (6,7,12) with onion Dessert: Natural fruit	<b>25</b> 1st Chickpeas with cod (4,12) 2nd Varied salad 3rd Omelette with vegetables and cheese (3,7) Dessert: Natural fruit	<b>26</b> 1st Noodles with meat and <i>chorizo</i> (1,3,6,7,12) 2nd Varied salad 3rd Monkfish with zucchini sautéed (4) Dessert: Natural fruit	<b>27</b> 1st Vegetable cream (season) (1,6,7,8,11) 2nd Varied salad 3rd Lemon roasted chicken with rice pilaf Dessert: Natural fruit	<b>28</b> 1st Rice three delicacies (ham, tortilla, peas) (3,6) 2nd Varied salad (12) 3rd Hake with Biscayne (2,4,13) Dessert: Dairy (7)
<b>31</b> 1st Mixed salad (3,4,12) 2nd Rice baked with cauliflower, Loin pork and Bacon (6) Dessert: Natural fruit				

Allergenic foods according to RD 126/2015.  
We use the following numbers to inform about the direct or indirect presence of these allergenic foods in each meal.

if today  
you had...you should eat  
for dinner...

Cereals	↔	Vegetables
Vegetables	↔	Cereals or starches
Meat	↔	Fish or eggs
Fish	↔	Lean meat or eggs
Eggs	↔	Fish or meat
Fruits	↔	Dairy or fruits




## HEALTHY EATING PLATE

Lunch must contribute 35% of your daily caloric intake, which at school age must be between 1700 and 2300 Kcal.

Our menus are thought to meet these needs and its composition follows the latest recommendations from the Harvard School of Public Health, including 50% fruits and vegetables, 25% healthy protein and 25% grains (preferably whole grains).



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