MONTH: January 2022

General

SCHOOL:

C. Nuestra Señora del Rosario

12







MONDAY

MENU:

10

1st Rice with seafood (2.4.12.13) 2nd Varied salad 3rd Omelette au gratin with cheese (3.7) Dessert: Natural fruit

1st Seasonal Vegetable Cream (3.7) 2nd Varied salad 3rd Turkey (6) with sautéed corn and onion Dessert: Natural fruit

24

17

1st Pumpkin cream 2nd Varied salad 3rd Homemade sausages (6,7,12) with onion Dessert: Natural fruit

31

1st Mixed salad (3,4,12)2nd Rice baked with cauliflower, Loin pork and Bacon (6)

Dessert: Natural fruit

TUESDAY

1° Lentils with pepper stir-fry and chistorra (1,6,7,12) 2nd Varied salad 3rd Baked cod with potatoes (1.4) Dessert: Natural fruit

18

11

1st Spirals with chicken and vegetables (1.3) 2nd Varied salad 3rd Baked hake with sautéed julienne vegetables (4) Dessert: Natural fruit

1st Chickpeas with cod (4,12) 2nd Varied salad 3rd Omelette with vegetables and cheese (3.7)

Dessert: Natural fruit

WEDNESDAY

1st Cauliflower au gratin with carbonara sauce (6.7) 2nd Varied salad 3rd Hamburger with ketchup and sautéed vegetables (12)

Dessert: Natural fruit

19

1st Soup covered with noodles (1.3) 2nd Varied salad 3rd Loin pork with barbecue sauce

Dessert: Fruit natural

26

1st Noodles with meat and chorizo (1,3,6,7,12)2nd Varied salad 3rd Monkfish with zucchini sautéed (4) Dessert: Natural fruit

THURSDAY

1st Cooked Soup (1.3) 2nd Varied salad (12) 3rd Full cooked (3,6,7,12) (chickpeas, vegetables and meat) Dessert: Natural fruit

20

13

1st Stew of legumes 2nd Varied salad 3rd Potato omelette with baby carrot

Dessert: Natural fruit

1st Vegetable cream (season) (1,6,7,8,11)2nd Varied salad 3rd Lemon roasted chicken with rice pilaf Dessert: Natural fruit

FRIDAY

1st Greek Salad (lettuce, tomato, onion, cucumber, cheese, olives and basil) (7) 2nd Gazpacho manchego (1) Dessert: Milkshake with fruits (7)

21

14

1st Chicken, apple, olives and pink sauce salad (3) 2nd Anchovy in tempura with grilled vegetables (4) Dessert: Dairy (7)

1st Rice three delicacies (ham, tortilla, peas) (3,6) 2nd Varied salad (12) 3rd Hake with Biscayne (2,4,13)Dessert: Dairy (7)

28

HEALTHY EATING PLATE Lunch must contribute 35% of your daily

caloric intake, which at school age must be between 1700 and 2300 Kcal.

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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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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



containing

aluten

Sesame

seeds















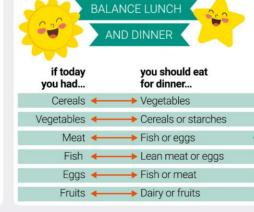
















Recycle!

If we recycle: