

MONTH: September 2022

SCHOOL:

C. Nuestra Señora del Rosario

MENU: General

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>1st Mixed Salad (3,4,7) 2nd Turkey stew (6) with vegetables and potato</p> <p>Dessert: Natural fruit</p>	<p>13</p> <p>1st Braised beans with vegetables 2nd French omelette with quesito (3,7) and varied salad</p> <p>Dessert: Natural fruit</p>	<p>14</p> <p>1st Spirals with chicken and vegetables (1,3) 2nd Baked hake with sautéed julienne vegetables (4)</p> <p>Dessert: Natural fruit</p>	<p>15</p> <p>1st Carrot cream 2nd Baked chicken con tomato and tuna salad (4)</p> <p>Dessert: Natural fruit</p>	<p>16</p> <p>1st Rice with chicken 2nd VAried Salad (3,4,7)</p> <p>Dessert: Dairy (7)</p>
<p>19</p> <p>1st Vegetable cream 2nd Loin pork with cheese (7) and mushrooms</p> <p>Dessert: Natural fruit</p>	<p>20</p> <p>1st Chickpeas with chorizo (6,7,12) 2nd Tortilla wit vegetables (3,7) with lettuce and cucumber salad</p> <p>Dessert: Natural fruit</p>	<p>21</p> <p>1st Full Salad (3,4,6,7) 2nd Bolognese Macaroni (1,3)</p> <p>Dessert: Natural fruit</p>	<p>22</p> <p>1st Rice with tomato sauce 2nd Salmon in baked sauce (4)</p> <p>Dessert: Natural fruit</p>	<p>23</p> <p>1st Lentils with vegetables (1) 2nd Chicken in sauce and varied salad</p> <p>Dessert: Dairy (7)</p>
<p>26</p> <p>1st Caesar Salad (1,2,3,4,7,8,12) 2nd Rice baked with cauliflower, lean and bacon (6)</p> <p>Dessert: Natural fruit</p>	<p>27</p> <p>1st Beans with vegetables 2nd Loin pork in barbecue sauce and varied salad (12)</p> <p>Dessert: Natural fruit</p>	<p>28</p> <p>1st Pumpkin cream 2nd Hamburger with ketchup and sautéed vegetables (12)</p> <p>Dessert: Natural fruit</p>	<p>29</p> <p>1st Macaroni with vegetables (1,3) 2nd Anchovy in tempura with vegetables (1,2,3,4,12,13)</p> <p>Dessert: Natural fruit</p>	<p>30</p> <p>1st Seafood rice (2,4,12,13) 2nd Potato omelette (3) and varied salad</p> <p>Dessert: Dairy (7)</p>



AVERAGE DAILY NUTRITIONAL VALUE

Kcal	Carbohydrates	Proteins	Lipids	Fiber
692	78g	32g	28g	12g

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).



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.

- 1 Cereals containing gluten
- 2 Crustaceans
- 3 Eggs
- 4 Fish
- 5 Peanuts
- 6 Soybeans
- 7 Dairy
- 8 Nuts
- 9 Celery
- 10 Mustard
- 11 Sesame seeds
- 12 E-X Sulphur dioxide
- 13 Molluscs
- 14 Lupin

BALANCE LUNCH AND DINNER

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



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100% PAPEL REICLADO