

Menu:

School:

General

C. Santa Catalina de Sena



Month:

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 1st Carbonara spaghetti (1,3,6,7) 2nd Varied salad(12) 3rd Veal stew with vegetables (1) Dessert: Natural Fruit 623 28 g 80 g 21 g	3 1st Baked rice (3) 2nd Varied salad (12) 3rd Marinated loin (6,7) with corn Dessert: Natural Fruit 747 23 g 102 g 27 g	4 1st Pasta soup with fish (1,2,3,4,9,12,13) 2nd Varied salad (12) 3rd Chicken breast with ratatouille Dessert: Dairy (7) 1037 28 g 115 g 53 g	5 1st Lentil with lean 2nd Varied salad (12) 3rd Potato omelette (3) with cheese (7) Dessert: Natural Fruit 881 38 g 99 g 20 g	6 Festivo
9 Festivo	10 1º Vegetable cream 2nd Varied salad(12) 3º Meatballs with vegetables (6) Dessert: Natural Fruit 691 26 g 76 g 32 g	11 1st Green beans with ham 2nd Varied salad (12) 3rd Garlic chicken leg with roasted potato Dessert: Dairy (7) 596 24 g 70 g 24 g	12 1st Lentils with rice 2nd Varied salad(12) 3rd French omelette (3) Postre: Fruta natural 677 28 g 61 g 39 g	13 1st Rice with tomato 2nd Varied salad(12) 3rd Pomfret fillet (4) with mayonnaise (3) and sauteed vegetables Dessert: Natural Fruit juice 727 18 g 62 g 42 g
16 1st Meat fideuà 2nd Varied salad (12) 3rd Grilled chicken fillet Dessert: Natural Fruit 658 27 g 105 g 21 g	17 1st Bean stew 2nd Varied salad (12) 3rd Zucchini omelette (3) with wholemeal bread toast (1,6,7,11) Dessert: Natural Fruit 677 33 g 74 g 27 g	18 Comida Navidad	19 1st Milanese rice (6,7) 2nd Cheese salad (7) 3rd Floured hake(1,4) with mayonnaise (3) Dessert: Dairy (7) 736 29 g 85 g 30 g	20 1st Leeks and apple cream (7) 2nd Varied salad (12) 3º Turkey stew (6) with peas Dessert: Natural Fruit juice 929 30 g 138 g 27 g
23	24	25	26	27
30	31			



Daily:
 Salad Bread

Allergens list according to RD 126/2015. We inform that contain allergens directly or indirectly each dish using the following numbers:

Calories Proteins Carbohydrate Fats
 *Nutritional assessment: Servalia Quality Department.

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