

MONTH: October 2020

SCHOOL: Colegio Santa Catalina de Sena



MENU: General

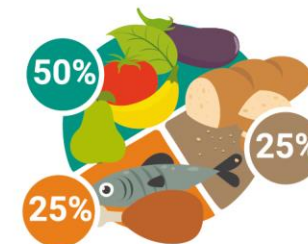
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			1st Lentils with lean 2nd Mixed salad (12) 3rd Chicken breast with ratatouille Dessert: Natural fruit	1st Cream of broccoli and cheese (7,8) 2nd Mixed salad (12) 3rd Ragout of veal with vegetables (1) Dessert: Fresh orange juice
5	6	7	8	9
1st Lentils with rice 2nd Mixed salad (12) 3rd potato omelette (3) Dessert: Natural fruit	1st Pasta with vegetables (onion, carrot, tomato and mushroom) (1,3) 2nd Mixed salad (12) 3rd Hake sticks (1,4) with vegetables Dessert: Natural fruit	1st Beans with rice 2nd Mixed salad (12) 3rd Garlic chicken with roasted potato and salad (12) Dessert: Dairy (7)	1st Cream of vegetables 2nd Mixed salad (12) 3rd Meatballs with vegetables (1,6,12) Dessert: Natural fruit	1st Rice with tomato 2nd Mixed salad (12) 3rd Salmon (4) with sauteed vegetables Dessert: Fresh orange juice
12	13	14	15	16
Festive	1st Pasta with meat (1,3) 2nd Mixed salad (12) 3rd Chicken fillet grilled Dessert: Natural fruit	1st Leek cream and apple (7) 2nd Mixed salad (12) 3rd Turkey stew (6) with peas Dessert: Dairy (7)	1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Natural fruit	1st Rice with seafood (2,4,12,13) 2nd Mixed salad (12) 3rd Omelette (3) with zucchini and whole grain toast (1,6,7,11) Dessert: Fresh orange juice
19	20	21	22	23
1st Whole grain spaghetti with bolognese sauce (1,3,7) 2nd Mixed salad (12) 3rd Loin with potatoes Dessert: Natural fruit	1st Cream of peas with carrot, leek and potato (7) 2nd Mixed salad (12) 3rd Chicken fajitas with vegetables(1) Dessert: Natural fruit	1st Rice Milanese (6,7) 2nd Mixed salad (12) 3rd Baked hake (4) with peas Dessert: Dairy (7)	1st Soup with stars (1,3) 2nd Mixed salad (12) 3rd Burger (12) with ketchup and potatoes Dessert: Natural fruit	1st Lentils with vegetables 2nd Mixed salad (12) 3rd Potato omelette (3) with fried tomato Dessert: Fresh orange juice
26	27	28	29	30
1st Vegetable cream of with croutons (1) 2nd Mixed salad (12) 3rd Roman pizza (1,4,6,7,9,11,12) Dessert: Natural fruit	1st Whole grain macaroni with bacon, tomato and basil (1,3,6,7) 2nd Mixed salad (12) 3rd Roast chicken Dessert: Natural fruit	1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Dairy (7)	1st Lentils with chorizo (6,7,12) 2nd Mixed salad (12) 3rd French omelette (3) with tomato and cucumber Dessert: Natural fruit	1st Rice with tomato 2nd Mixed salad (12) 3rd Hake with rosemary (4) and zucchini cubes Dessert: Fresh orange juice



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.



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



Move!
Do physical exercise every day.

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