

MONTH: January 2021

SCHOOL: Colegio Santa Catalina de Sena

MENU: General

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			7	8
11	12	13	14	15
1st Rice Milanese (6,7) 2nd Mixed salad (12) 3rd Baked hake (4) with peas 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 Whole grain spaghetti Bolognese (1,3,7) 2nd Mixed salad (12) 3rd Ragout of veal with vegetables (1) Dessert: Dairy (7)	1st Homemade soup with stars (1,3) 2nd Mixed salad (12) 3rd Roast chicken Dessert: Natural fruit	1st Lentils with vegetables 2nd Mixed salad (12) 3rd Potato omelette (3) with fried tomato Dessert: Natural orange juice
18	19	20	21	22
1st Vegetable cream with croutons (1) 2nd Mixed salad (12) 3rd Loin with potatoes Dessert: Natural fruit	1st Whole wheat macaroni with bacon, tomato and basil (1,3,6,7) 2nd Mixed salad (12) 3rd Burger (12) with ketchup and vegetables Dessert: Natural fruit	1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete 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) with zucchini cubes Dessert: Natural orange juice
25	26	27	28	29
1st Spaghetti carbonara (1,3,6,7) 2nd Mixed salad (12) 3rd Roman pizza (1,4,6,7,9,11,12) Dessert: Natural fruit	1st Baked rice (3) 2nd Mixed salad (12) 3rd Loin of Saxony (6,7) with corn Dessert: Natural fruit	1st Soup with fish (1,2,3,4,9,12,13) 2nd Mixed salad (12) 3rd Chicken breast with ratatouille Dessert: Dairy (7)	1st Lentils with lean 2nd Mixed salad (12) 3rd Spanish omelette (3) with cheese slice (7) Dessert: Natural fruit	1st Cream of broccoli and cheese (7,8) 2nd Mixed salad (12) 3rd Hake (4) with potato Dessert: Natural 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.

- 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 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

Recycle!

If we recycle... We'll have less waste. We save resources. We pollute less.

Download your school menus at:
www.servalia.org

User: **santacatalina**

Password: **2849**

C/ Poeta Ricard Sanmarti, 24 B.
46020 Valencia
T 96 361 61 70 . F 96 393 70 07
www.servalia.org
servalia@servalia.org