

MONTH: April 2021

SCHOOL: Colegio Santa Catalina de Sena

MENU: General

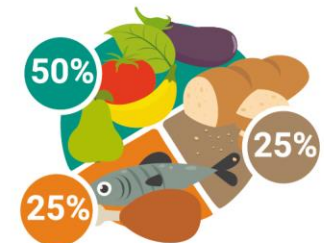


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 FESTIVE	6 1st Potatoes with chorizo (6,7,12) 2nd Mixed salad (12) 3rd French omelette (3) with cheese (7) Dessert: Natural fruit	7 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Dairy (7)	8 1st Whole grain macaroni with bacon, tomato and basil (1,3,6,7) 2nd Mixed salad (12) 3rd roast chicken Dessert: Natural fruit	9 1st Rice with tomato 2nd Mixed salad (12) 3rd Slice of breaded hake (1,3,4) with zucchini cubes Dessert: Fresh orange juice
12 1st Lentils with lean (1) 2nd Mixed salad (12) 3rd Spanish omelette (3) with vegetable ratatouille Dessert: Natural fruit	13 1st Baked rice (3) 2nd Mixed salad (12) 3rd Hake sticks (1,4) with vegetables Dessert: Natural fruit	14 1st Soup pasta with fish (1,2,3,4,9,12,13) 2nd Mixed salad (12) 3rd Chicken with orange Dessert: Dairy (7)	15 1st Spaghetti carbonara (1,3,6,7) 2nd Mixed salad (12) 3rd Ragout of veal with vegetables (1) Dessert: Natural fruit	16 1st Cream of zucchini (7) 2nd Mixed salad (12) 3rd Pizza with ham and cheese (1,4,6,7,9,11,12) Dessert: Fresh orange juice
19 1st Spring noodles (onion, carrot, tomato and mushroom) (1,3) 2nd Mixed salad (12) 3rd Loin of Saxony (6,7) with sautéed corn Dessert: Natural fruit	20 1st Lentils with rice (1) 2nd Mixed salad (12) 3rd Potato omelette (3) with mayonnaise (3) Dessert: Natural fruit	21 1st Noodle Soup (1,3) 2nd Mixed salad (12) 3rd Garlic chicken with roasted potato Dessert: Dairy (7)	22 1st Vegetable puree with croutons (1) 2nd Mixed salad (12) 3rd Meatballs in the planter (1,6,12) Dessert: Natural fruit	23 1st Rice with tomato 2nd Mixed salad (12) 3rd Hake (4) with sautéed vegetables Dessert: Fresh orange juice
26 1st Pumpkin and carrot puree (7) 2nd Mixed salad (12) 3rd Fillet of loin in sauce with cheese (7) Dessert: Natural fruit	27 1st Lentils with chorizo and vegetables (6,7,12) 2nd Mixed salad (12) 3rd Tortilla (3) of zucchini with whole wheat toast (1,6,7,11) Dessert: Natural fruit	28 <u>CELEBRATION MENU</u> 1st Tortellini and macaroni with tomato sauce and red cabbage (1,3,7) 2nd breaded chicken fillet with smile fries and purple salad (1,6,7,12,14) Dessert: Forest fruit donut with white chocolate (1,3,6,7,8)	29 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Natural fruit	30 1st Rice with seafood (2,4,12,13) 2nd Mixed salad (12) 3rd Burger (12) with ketchup 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.



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

Take care of the planet!

Taking care of the planet is our responsibility, be the change you want to see in others.



Download your school menus at: www.servalia.org

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