

MONTH: June 2021

SCHOOL: School Santa Catalina de Sena

MENU: General

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1st Black beans with <i>chorizo</i> (6,7,12) 2nd Mixed salad (12) 3rd Ham omelette (3) with whole grain toast (1,6,7,11) Dessert: Natural fruit	2 1st Cream of leeks and apple (7) 2nd Mixed salad (12) 3rd Turkey stew (6) with peas Dessert: Dairy (7)	3 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Natural fruit	4 1st Rice with fish (2,4,12,13) 2nd Mixed salad (12) 3rd Fillet of corvina fish (4) with tomatoe sauce Dessert: Natural fruit
7 1st Cream of peas with carrot, leek and potato (7) and crispy bacon (6) 2nd Mixed salad (12) 3rd Chicken <i>fajitas</i> with vegetables (1) Dessert: Natural fruit	8 1st Whole grain spaghetti Bolognese (1,3,7) 2nd Mixed salad (12) 3rd Loin with potatoes Dessert: Natural fruit	9 1st Rice Milanese (6,7) 2nd Mixed salad (12) 3rd Baked hake (4) with peas Dessert: Dairy (7)	10 1st Homemade soup with pasta (1,3) 2nd Mixed salad (12) 3rd Burger (12) with ketchup and potatoes Dessert: Natural fruit	11 1° Lentils with vegetables (1) 2nd Mixed salad (12) 3rd Potato omelette (3) with vegetables in tempura (1) Dessert: Natural fruit
14 1st Vegetable cream with croutons (1) 2nd Mixed salad (12) 3rd Roman pizza (1,4,6,7,9,11,12) Dessert: Natural fruit	15 1° Whole grain macaroni with bacon, tomato and basil (1,3,6,7) 2nd Mixed salad (12) 3rd Cheese omelette (3,7) with tomato and cucumber Dessert: Natural fruit	16 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat) (3,6,7,12) Dessert: Dairy (7)	17 1st Peasant salad (3,4,12) 2nd Roast chicken Dessert: Natural fruit	18 1st Rice with tomato 2nd Mixed salad (12) 3rd Hake with lemon and sautéed vegetables (4) Dessert: Natural fruit
21 1st Spaghetti carbonara (1,3,6,7) 2nd Mixed salad (12) 3rd Ragout of veal with vegetables (1) Dessert: Natural fruit	22 1st Baked rice (3) 2nd Mixed salad (12) 3rd Loin of Saxony (6,7) with corn Dessert: Natural fruit	23 1st Soup with fish (1,2,3,4,9,12,13) 2nd Mixed salad (12) 3rd Chicken with ratatouille Dessert: Dairy (7)	24 1st Lentils with <i>chorizo</i> (6,7) 2nd Mixed salad (12) 3rd Spanish omelette (3) with cheese slice (7) Dessert: Juice	25 1st Cream of broccoli and cheese (7,8) 2nd Mixed salad (12) 3rd Hake (4) with potato Dessert: Fresh orange juice



**HEALTHY EATING PLATE**

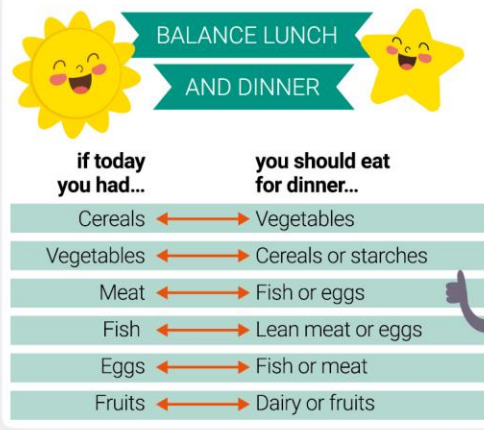
Lunch must contribute 35% of your daily caloric intake, which at school age must be between 1700 and 2300 Kcal.

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).

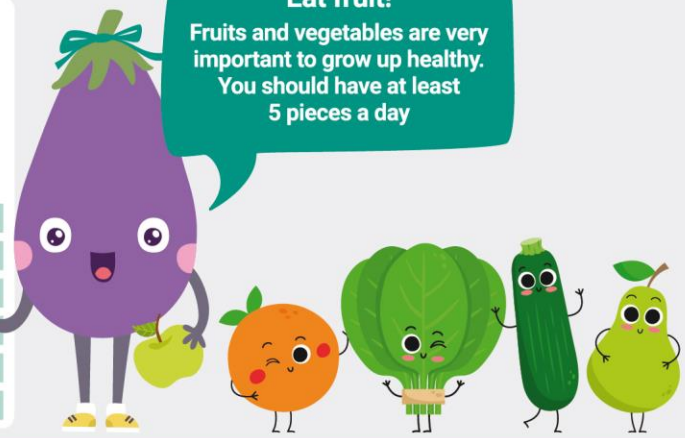


Allergenic foods according to RD 126/2015. We use the following numbers to inform about the direct or indirect presence of these allergenic foods in each meal.

- 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



**Eat fruit!**  
Fruits and vegetables are very important to grow up healthy. You should have at least 5 pieces a day



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