

MONTH: September 2021

SCHOOL: Colegio Santa Catalina de Sena



MENU: Basal

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 6 1st Carbonara spaghetti (1,3,6,7) 2nd Mixed salad (12) 3rd Veal ragout with vegetables (1) Dessert: fruit | 7 1st Season vegetables cream with croutons (1) 2nd Mixed salad (12) 3rd Pizza (1,4,6,7,9,11,12) Dessert: fruit | 8 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat (3,6,7,12) Dessert: Yogurt | 9 1st Rice with tomato sauce 2nd Mixed salad (12) 3rd Hake fingers (1,4) With vegetables Dessert: fruit | 10 1st Lentils with chorizo (1,6,7,12) 2nd Mixed salad (12) 3rd Spanish omelette (3) With breaded vegetables (1,4,7,13) Dessert: fruit |
| 13 1st Carbonara spaghetti (1,3,6,7) 2nd Mixed salad (12) 3rd Veal ragout with vegetables (1) Dessert: fruit | 14 1st Broccoli and cheese cream (7,8) with crispy ham 2nd Mixed salad (12) 3rd Lemon hake with sautéed vegetables in julienne (4) Dessert: fruit | 15 1st Fish soup (1,2,3,4,9,12,13) 2nd Mixed salad (12) 3rd Chicken breast with ratatouille Dessert: Yogurt | 16 1st Lentils with pork loin (1) 2nd Mixed salad (12) 3rd Omelette (3) With cheese (7) Dessert: fruit | 17 1st Baked rice (3) 2nd Mixed salad (12) 3rd Pork loin (6,7) With sauteed corn Dessert: fruit |
| 20 1st "Caldereta" with pork and chorizo (6,7,12) 2nd Mixed salad (12) 3rd Omelette (3) with ham (6) Dessert: fruit | 21 1st Pasta primavera (cebolla, zanahoria, tomate y champiñón) (1,3) 2nd Mixed salad (12) 3rd Pollo asado con verduras Dessert: fruit | 22 1st Stewed beans(6,7,12) 2nd Mixed salad (12) 3rd Meatballs with vegetables (1,6,12) Dessert: Yogurt | 23 1st Rice with tomato sauce 2nd Mixed salad (12) 3rd Breaded hake (1,4) with sauteed vegetables Dessert: fruit | 24 1st Chicken soup (1,3) 2nd Pork loin with cheese (7) and mixed salad (12) Dessert: fruit |
| 27 1st Meat fideuà (1,3) 2nd Mixed salad (12) 3rd Hake with tomato (4) Dessert: fruit | 28 1st Peas cream with carrot with leek and potato (7) With crispy bacon (6) 2nd Mixed salad (12) 3rd Chicken fajitas (1) Dessert: fruit | 29 1st Stew soup (1,3) 2nd Mixed salad (12) 3rd Complete stew (chickpeas, vegetables and meat (3,6,7,12) Dessert: Yogurt | 30 1st Sauteed rice (6,3) 2nd Mixed salad (12) 3rd Hamburger (12) with ketchup and chips Dessert: fruit | |

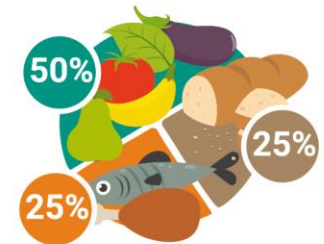
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HEALTHY EATING PLATE

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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