MES: September 2022 **CENTRO:** MENÚ: General LUNES **MARTES MIÉRCOLES** 1st Macaroni 1st Vegetable cream with vegetables and tuna (1.3.4) with croutons (1.6.7.8.11) 2nd Hake with varied salad (1,4) 2nd Lemon roasted chicken with varied salad (12)

1st Spaghetti with carbonara

(1,3,7)

2nd Omelette with ham (3)

and tomato salad

Dessert: Natural fruit

1st Braised beans with

vegetables and chorizo (6,7,12)

2nd Lemon roasted chicken

with vegetables au gratin (7)

Dessert: Natural fruit

1st Zucchini cream (7)

2nd Potato omelette

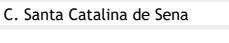
(3) and tomato salad

Dessert: Natural fruit

13

20

27



14

21

28

Dessert: Dairy (7)

1st Pumpkin cream (7)

2nd Loin pork

with vegetable and peas

Dessert: Dairy (7)

1st Summer Salad (3.4)

2nd French omelette with whole

grain toast with tomato and oregano

(1,3,6,7,11)

Dessert: Dairy (7)

1st Homemade soup (1,3)

2nd Meatballs with vegetables

(1,6,12) with rooms

Dessert: Dairy (7)

JUEVES

Dessert: Natural fruit

1st Rice with tomato

2nd Chicken with vegetables

grilled

1st Noodles with vegetables (1.3)

2nd Loin pork with potatoes

and varied salad

2nd Nuggets

and varied salad

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Dessert: Natural fruit

8

15

22



VIERNES



1st Rice with vegetables 2nd Hake with zucchini, onion and sautéed leeks (4) Dessert: Natural orange juice

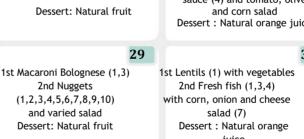
1st Lentils with pepper and chistorra (1,6,7,12) 2nd Fresh fish with potatoes (1.4) and varied salad Dessert: Natural orange iuice

1st Potatoes with meat (6,7,12)2nd Hake with vegetable and corn salad

sauce (4) and tomato, olive Dessert: Natural orange juice

30 2nd Fresh fish (1,3,4) with corn, onion and cheese

salad (7) Dessert: Natural orange iuice



iCuida el planeta!

Cuidar el planeta

es resonsabilidad de todos.

tú debes ser el cambio.

16 Hidratos 23 692 78g PLATO SALUDABLE



32g

28g

Proteínas

Fibra

12g

La comida debe suponer el aporte del 35% de la energía diaria, lo que en edad escolar supone entre 1700 y 2300 Kcal.

Nuestros menús están elaborados para cubrir estas necesidades y su composición sigue las últimas recomendaciones de la Escuela Pública de Salud de Harvard. con un 50% de frutas y verduras, 25% de proteína saludable y 25% de granos (preferiblemente integrales):



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Relación de alérgenos según RD 126/2015. Les informamos de los alérgenos que contiene directa o indirectamente cada plato siguiendo los siguientes números:

12

19

26

1st Potato stew

2nd Turkey (6) with vegetables

Dessert: Natural fruit

1st Vegetable cream (seasonal)

with croutons (1,6,7,8,11)

2nd Hamburgers (12)

and varied salad

Dessert: Natural fruit

1st Rice with tomato

2nd Loin pork with

garlic and mushrooms

Dessert: Natural fruit











Frutos



Pescado

















