

MES: September 2022

CENTRO:

C. Santa Catalina de Sena



MENÚ: General

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		7 1st Macaroni with vegetables and tuna (1,3,4) 2nd Hake with varied salad (1,4)  Dessert: Dairy (7)	8 1st Vegetable cream with croutons (1,6,7,8,11) 2nd Lemon roasted chicken with varied salad (12) Dessert: Natural fruit	9 1st Rice with vegetables 2nd Hake with zucchini, onion and sautéed leeks (4)  Dessert : Natural orange juice
12 1st Potato stew 2nd Turkey (6) with vegetables  Dessert: Natural fruit	13 1st Spaghetti with carbonara (1,3,7) 2nd Omelette with ham (3) and tomato salad Dessert: Natural fruit	14 1st Pumpkin cream (7) 2nd Loin pork with vegetable and peas  Dessert: Dairy (7)	15 1st Rice with tomato 2nd Chicken with vegetables grilled  Dessert: Natural fruit	16 1st Lentils with pepper and <i>chistorra</i> (1,6,7,12) 2nd Fresh fish with potatoes (1,4) and varied salad Dessert: Natural orange juice
19 1st Vegetable cream (seasonal) with croutons (1,6,7,8,11) 2nd Hamburgers (12) and varied salad Dessert: Natural fruit	20 1st Braised beans with vegetables and <i>chorizo</i> (6,7,12) 2nd Lemon roasted chicken with vegetables au gratin (7) Dessert: Natural fruit	21 1st Summer Salad (3,4) 2nd French omelette with whole grain toast with tomato and oregano (1,3,6,7,11) Dessert: Dairy (7)	22 1st Noodles with vegetables (1,3) 2nd Loin pork with potatoes and varied salad  Dessert: Natural fruit	23 1st Potatoes with meat (6,7,12) 2nd Hake with vegetable sauce (4) and tomato, olive and corn salad Dessert : Natural orange juice
26 1st Rice with tomato 2nd Loin pork with garlic and mushrooms  Dessert: Natural fruit	27 1st Zucchini cream (7) 2nd Potato omelette (3) and tomato salad  Dessert: Natural fruit	28 1st Homemade soup (1,3) 2nd Meatballs with vegetables (1,6,12) with rooms  Dessert: Dairy (7)	29 1st Macaroni Bolognese (1,3) 2nd Nuggets (1,2,3,4,5,6,7,8,9,10) and varied salad Dessert: Natural fruit	30 1st Lentils (1) with vegetables 2nd Fresh fish (1,3,4) with corn, onion and cheese salad (7) Dessert : Natural orange juice



VALORACIÓN MEDIA DIARIA NUTRICIONAL

Kcal	Hidratos de Carbono	Proteínas	Lípidos	Fibra
692	78g	32g	28g	12g

PLATO SALUDABLE

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):



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

- 1 Cereales con gluten
- 2 Crustáceos
- 3 Huevos
- 4 Pescado
- 5 Cacahuets
- 6 Soja
- 7 Lácteos
- 8 Frutos de cáscara
- 9 Apio
- 10 Mostaza
- 11 Sésamo
- 12 E-X
- 13 Moluscos
- 14 Altramuces



EQUILIBRA LAS COMIDAS Y CENAS

Si has comido:	es recomendable cenar...
Cereal	Verdura cocinada u hortaliza cruda
Verdura	Cereal o féculas
Carne	Pescado o huevo
Pescado	Carne magra o huevo
Huevo	Pescado o carne
Fruta	Lácteo o fruta

¡Cuida el planeta! Cuidar el planeta es responsabilidad de todos, tú debes ser el cambio.



Accede a los menús de tu centro en: [www.servalia.org](http://www.servalia.org)

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