

Monday

Tuesday

Wednesday

Thursday

Friday



6 Pilaf rice with sautéed vegetables
Fried squid rings with lettuce and pieces of fruit
Artisanal natural yogurt
Vegetable / Egg and potato / Fruit

7 Vegetable purée
Vegetable spaghetti Bolognese
Fresh seasonal fruit
Wholegrain / Poultry and salad / Dairy



8 Home-made bouillon soup with pasta
Beef stew with mushroom
Fresh seasonal fruit
Potato / Fish and salad / Dairy

9 Stewed chickpeas with rice
Baked eggs with tomato and ham with lettuce and seeds
Fresh seasonal fruit
Vegetable / Veg.prot. and cereal / Dairy

10 Broccoli and potato
Chicken curry with lettuce and bean sprouts
Fresh seasonal fruit
Wholegrain / Fish and salad / Dairy

13 Lentils with vegetables
Potato and onion omelette with lettuce and olives
Fresh seasonal fruit
Vegetable / Fish and wholegrain / Dairy



14 Green beans and potato
Pork sausages with tomato sauce and lettuce and carrot salad
Fresh seasonal fruit
Cereal / Fresh cheese and salad / Dairy

15 Farfalle in mushroom sauce
Andalusian-style fried whitebait with lettuce and sweetcorn
Fresh seasonal fruit
Wholegrain / Egg and wholegrain / Dairy

16 Bouillon and wholegrain pasta
Roast chicken with slices of potato and sweet potato
Artisanal natural yogurt
Salad / Legumes and potato / Fruit

17 Seafood paella
Oven-baked veggie burger
Salad with sunflower seeds and canned beetroot
Fresh seasonal fruit
Salad / Fish and wholegrain / Dairy




20 Stewed potatoes with vegetables
Stuffed eggs with meat and béchamel sauce with lettuce and bean sprouts
Fresh seasonal fruit
Salad / Poultry and cereal / Dairy

21 Neapolitan-style wholegrain macaroni
Baked hake fillet with vegetables
Fresh seasonal fruit
Salad / Egg and Potato / Dairy

22 Steamed vegetables
Roasted chicken with lettuce and olives
Fresh seasonal fruit
Wholegrain / Fish and salad / Dairy

23 Carrot and bean purée
Vegetable paella
Fresh seasonal fruit
Vegetable / Beef and potato / Dairy



24 Garlic soup with pasta
Turkey stew with vegetables with potato
Artisanal natural yogurt
Salad / Egg and cereal / Fruit

27 Sliced cabbage and potato
Grilled tenderloin with sweet potato chips
Fresh seasonal fruit
Salad / Fish and wholegrain / Dairy

28 Home-made bouillon soup with wholemeal pasta
Potato and zucchini omelette with lettuce and pieces of fruit
Artisanal natural yogurt
Salad / Cereal and legumes / Fruit

29 Rice in tomato and onion sauce
Blue fish in tempura with lettuce and sweetcorn
Fresh seasonal fruit
Cereal / Veg.prot. and potato / Dairy

30 Chickpeas with spinach
Marinated chicken wings with lettuce and seeds
Fresh seasonal fruit
Potato / Egg and salad / Dairy

* A cicle infantil es substituirà l'amanida de primer plat per un puré de verdures de temporada.



Menú elaborat per la dietista nutricionista Xisca Rebassa col. CAT001289