

Monday

- 2** Neapolitan-style wholegrain macaroni
Beef fricandeau with mushroom
Fresh seasonal fruit
Salad / Fish and potato / Dairy

Tuesday

- 3** Fish soup with rice
Potato and onion omelette with bread and tomato
Fresh seasonal fruit
Vegetable / Veg. prot. and wholegrain / Dairy

Wednesday

- 4** Stewed chickpeas with chard
Breaded and fried whitebait with lettuce and olives
Fresh seasonal fruit
Vegetable / Egg and cereal / Dairy

Thursday

- 5** Leek and carrot purée
Baked chicken in herbes de Provence with lettuce and pieces of fruit
Artisanal natural yogurt
Wholegrain / Fish and vegetable / Fruit

Friday


- 6** Rice casserole
Baked broccoli bites with lettuce and tomato
Fresh seasonal fruit
Vegetable / Egg and potato / Dairy

- 9** Garden style lentils
Cheese omelette with lettuce and bean sprouts
Fresh seasonal fruit
Vegetable / Poultry and potato / Dairy

- 10** Rice in tomato sauce
Grilled hake fillet with courgette chips
Artisanal natural yogurt
Vegetable / Fresh cheese and cereal / Fruit

- 11** Green beans and potato
Grilled chicken with lettuce and carrot
Fresh seasonal fruit
Cereal / Egg and salad / Dairy

12  *el pilar festivitie*

- 13** Chickpea and courgette purée
Vegetable fideuà
Fresh seasonal fruit
Vegetable / Fish and wholegrain / Dairy
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- 16** Garlic spinach and potato
Stewed diced pork with white rice
Fresh seasonal fruit
Cereal / Veg. prot. and vegetable / Dairy

- 17** Fresh cheese salad (lettuce, fresh cheese, tomato, carrot, olives)
Spaghetti Bolognese
Fresh seasonal fruit
Potato / Egg and wholegrain / Dairy

- 18** Australian roasted pumpkin soup (australian soup baked pumpkin)
Fish and chips
Lamington (chocolate and coconut)
Cereal / Poultry and salad / Fruit
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- 19** Rioja-style bean stew
Courgette omelette with lettuce and tomato
Fresh seasonal fruit
Salad / Veg. prot. and cereal / Dairy

- 20** Meat and pasta soup
Roasted chicken with lettuce and sweetcorn
Fresh seasonal fruit
Vegetable / Fish and potato / Dairy

- 23** Macaroni a la Norma (with aubergine and tomato sauce)
Chicken ragout with mushroom
Fresh seasonal fruit
Vegetable / Egg and potato / Dairy


- 24** Soup with wholemeal pasta
Baked hake with garlic and parsley with slices of potato and sweet potato
Artisanal natural yogurt
Salad / Cereal and legumes / Fruit

- 25** Leek puree
Vegetable and chickpea paella
Fresh seasonal fruit
Wholegrain / Pork and salad / Dairy
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- 26** Cauliflower au gratin
Rosemary chicken with lettuce and olives
Fresh seasonal fruit
Cereal / Fish and vegetable / Dairy

- 27** Lentil stew
Potato and onion omelette with lettuce and carrot
Fresh seasonal fruit
Salad / Veg. prot. and cereal / Dairy

- 30** Rice and tomato
Hake fillet in green sauce (peas and parsley)
Fresh seasonal fruit
Salad / Egg and potato / Dairy

- 31** Sweet potato puree
Taradell sausage with beans and quince allioli
Special Castanyada dessert
Salad / Fresh cheese and cereal / Fruit
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* In the children's cycle, the main course salad will be replaced by a seasonal vegetable puree.

Menu prepared by the dietitian nutritionist Xisca Rebassa col. CAT001289