

JANUARY | MONTCAU- LA MOLA (Pre-School)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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6	7	1P PASTA WITH NAPOLITAN SAUCE (1, T6, T10) 2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6, T8, T9, T10, T11) GU LETTUCE AND OLIVES SALAD PO FRESH FRUIT	1P BOILED BROCCOLI AND POTATOES 2P CURRY CHIKEN STEW (1, 10) GU SAUTED COUSCOUS (1, 6, 7, 10) PO YOGURT (7) 9	1P LENTILS & VEGETABLE STEW 2P SWEET POTATOES OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT
1P LEEKS AND PARSNIP CREAM BOLOGNESE PASTA (minced vegano and 2P homemade tomato sauce) (1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14, T6, T10) PO FRESH FRUIT	1P SAUTEED RICE 2P BEEF STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7)	1P BEANS & VEGETABLES STEW 2P SCRAMBLED EGGS WITH HAM (3) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT	1P BOILED MIXED VEGETABLES 2P BAKED CHICKEN AND PUMKING GU FRESH SALAD PO YOGURT (7)	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 9, T6, T10) 2P BAKED HAKE (onion and tomato) (4) GU ROASTED CARROTS WITH BALSAMIC AND COMINO (12) PO FRESH FRUIT
HOLIDAY 20	14 1P PASTA WITH VEGETABLE SAUCE (1, T6, T10) 2P OMELETTE (3) GU SOY SALAD (carrot, soy sprouts and corn) WITH OREGANO VINAIGRETTE (6, 12) PO YOGURT (7) 21	15 1P BOILED CHIKPEAS, POTATOES AND CARROTS 2P TURKEY STEW GU SAUTEED APPLE PO FRESH FRUIT 22	16 1P RICE WITH HOMEMADE TOMATO SAUCE FRESH FISH FROM THE PROXIMITY 2P MARKET (4) GU LETTUCE, CARROT AND TOMATO SALAD PO YOGURT (7) 23	1 1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P BAKED CHICKEN GU CRUDITES PO FRESH FRUIT 2
1P BOILED GREEN BEANS AND POTATOES 2P MEATBALLS WITH ONION AND CINNAMON SAUCE (1, 6, 9, 10, 11, 12) GU SAUTED COUSCOUS (1, 6, 7, 10) PO FRESH FRUIT	POULTRY AND VEGETABLE SOUP WITH 1P NOODLES (1, 3, 9, T6, T10) BAKED CHICKEN (onion and natural tomato) GU FRESH SALAD PO YOGURT (7)	1P LENTIL AND RICE STEW (with onion, garlic, red pepper and tomato) 2P POTATOES AND ONION OMELETTE (3) GU LETTUCE, CARROT AND OLIVES SALAD PO FRESH FRUIT	1P CARROT CREAM (potato and onion) 2P HOMEMADE HAM PIZZA (tomato sauce, mozzarella and olives) (1,7) GU FRESH SALAD (lettuce, tomato and sweet corn) PO YOGURT (7)	1P RICE WITH HOMEMADE TOMATO SAUCE 2P "ANDALUSIAN" HAKE (1,4) GU SAUTEED PEAS PO FRESH FRUIT
27	28	29	30	3



(1)



(2)



(3)



(4)



(5)



(6)



(8)

(7)



(9)



(10)



(11)



(12)



(13)



