

## JANUARY | MONTCAU- LA MOLA (Secundary Education)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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6	<b>*</b>	1P PASTA WITH NAPOLITAN SAUCE (1, T6, T10)/MACARONI IN CHEESE SAUCE (1, 3, 7, T6, T10)  2P MEAT CROQUETTES (1, 7, 14, T2, T3, T4, T6, T8, T9, T10, T11) / TUNA PATTIES (1, 2, 3, 4, 6, 7, 9, 14)  GU LETTUCE AND OLIVES SALAD  PO FRESH FRUIT 8	1P BOILED BROCCOLI AND POTATOES / VEGETABLES CREAM CURRY CHIKEN STEW (1, 10)/GRILLED CHICKEN  GU SAUTED COUSCOUS (1, 6, 7, 10) PO YOGURT (7)	1P LENTILS & VEGETABLE STEW /LENTILS & QUINOA STEW SWEET POTATOES OMELETTE (3)/ 2P OMELETTE (3)  GU FRESH SALAD PO FRESH FRUIT 10
1P LEEKS AND PARSNIP CREAM /BOILED PEAS AND POTATOES  2P BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 2, 4, 5, 6, 7, 8, 9, 10, 11, 13, 14, T6, T10 /BOLOGNESE SPAGHETTI (HOMEMADE tomato sauce and minced meat) (1, 12, T6, T10)  PO FRESH FRUIT 13	1P SAUTEED RICE / RICE WITH HOMEMADE TOMATO SAUCE 2P BEEF STEW GRILLED PORK & BEEF BURGER GU (12) SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7)	1P BEANS & VEGETABLES STEW /VEGETALS AND BEANS CREAM  2P SCRAMBLED EGGS WITH HAM (3)/ CHEESE OMELLETE (3, 7)  GU FRESH SALAD PO FRESH FRUIT	1P BOILED MIXED VEGETABLES /BOILED SWISS CHARD WITH POTATOES BAKED CHICKEN AND PUMKING /BAKED 2P CHICKEN GU FRESH SALAD PO YOGURT (7)	1P HOMEMADE POULTRY& PASTA SOUP (1, 9, T6, T10)/ VEGETABLE & PASTA SOUP (1, 9, T6, T10)  2P BAKED HAKE (onion and tomato) (4)/ "ANDALUSIAN" HAKE (1, 4)  GU ROASTED CARROTS WITH BALSAMIC (12)
HOLIDAY	1P PESTO ROSSO PASTA (1, 3, 7, T6, T10)/ MACARONI IN NAPOLITANA SAUCE (1, T6, 2P T10)  GU ARTICHOKE AND POTATOE OMELETTE (3)/ OMELETTE (3)  SOY SALAD (6, 12)  PO YOGURT (7)	1P BOILED CHIKPEAS, POTATOES AND CARROTS /HOMEMADE HUMMUS WITH VEGETABLES DIPS  2P TURKEY STEW/ GRILLED TURKEY GU SAUTEED APPLE PO FRESH FRUIT  22	1P VEGETABLE RICE "PAELLA" / RICE WITH HOMEMADE TOMATO SAUCE 2P FRESH FISH FROM THE PROXIMITY MARKET (4)/ GRILLED TUNA (1, 4, 6) GU LETTUCE, CARROT AND TOMATO SALAD PO YOGURT (7) 23	1P VEGETABLES CREAM/"TRINXAT DE LA CERDANYA" (sauteed cabbage and potato with bacon)  2P GRILLED CHICKEN WITH SOY, HONEY SAUCE (1, 6)/BREADED CHICKEN (1, 3, 10)  GU CRUDITES  PO FRESH FRUIT
1P BOILED GREEN BEANS AND POTATOES/ BROCCOLI AU GRATIN (with "bechame!" sauce) (1, 3, 7)  2P MEATBALLS WITH ONION AND CINNAMON SAUCE (1, 6, 9, 10, 11, 12) O VEGETAL BURGER (1, 6) SAUTED COUSCOUS (1, 6, 7, 10)  PO FRESH FRUIT	POULTRY AND VEGETABLE SOUP WITH  1P CHICKPEASE AND NOODLES (1, 3, 9, T6, T10)/VEGETABLE & PASTA SOUP (1, 9, T6, T10)  2P BAKED CHICKEN (onion and natural tomato) O GARLIC CHICKEN  GU FRESH SALAD	1P LENTIL AND RICE STEW ) /BEANS & VEGETABLES STEW  2P POTATOES AND ONION OMELETTE (3)/ MUSHROOM AND AUBERGINE OMELETTE (3)  GU LETTUCE, CARROT AND OLIVES SALAD  PO FRESH FRUIT	1P CARROT CREAM /BOILED MIXED VEGETABLES  2P HOMEMADE HAM PIZZA(1, 7)/ HOMEMADE TUNA PIZZA (1, 4, 7) FRESH SALAD  PO YOGURT (7)	1P RICE WITH HOMEMADE TOMATO SAUCE/ SAUTEED RICE WITH VEGETABLES 2P SQUID AND POTATOES STEW (2, 14)/ "ANDALUSIAN" HAKE (Fried with flour) (1, 4) GU SAUTEED PEAS PO FRESH FRUIT
27	PO YOGURT (7) 28	29	30	31



(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)



(11)



(12)



(13)



