

# DECEMBER | ELS PINETONS

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1P LENTILS & VEGETABLE STEW 2P SWEET POTATOES OMELETTE ( 3 ) GU FRESH SALAD ( lettuce, sweet corn and beetroot) PO FRESH FRUIT <b>1</b>	1P "TRINXAT DE LA Cerdanya" (sauteed cabbage and potato) 2P GRILLED PORK & BEEF BURGER ( 12 ) GU BOILED CARROTS* PO YOGURT ( 7 ) <b>2</b>	1P VEGETAL SOUP 2P TURKEY STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT <b>3</b>	1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms) 2P "GALICIAN" HAKE (with onion and sweet paprika) ( 4 ) GU FRESH SALAD* PO YOGURT ( 7 ) <b>4</b>	1P FISH SOUP WITH PASTA ( 1, 2, 4, 9, 14, T4, T6, T10 ) 2P BAKED CHICKEN GU FRESH SALAD* PO FRESH FRUIT <b>5</b>
<b>Holiday</b> <b>8</b>	1P RICE WITH HOMEMADE TOMATO SAUCE 2P MEAT CROQUETTES ( 1, 7, 14, T2, T3, T4, T6 ) GU FRESH SALAD* PO YOGURT ( 7 ) <b>9</b>	1P CARROT CREAM (potato and onion) 2P BAKED CHICKEN WITH THYME GU SAUTED COUSCOUS ( 1, T6, T10 ) PO FRESH FRUIT <b>10</b>	1P SAUTEED BABY BEANS WITH GARLIC AND PARSLEY 2P POTATOES AND ONION OMELETTE ( 3 ) GU FRESH SALAD* PO YOGURT ( 7 ) <b>11</b>	1P "FIDEUA" WITH VEGETABLES ( 1, 3, 9, T6, T10 ) 2P BAKED COD (with onion and tomato) ( 4 ) GU FRESH SALAD* PO FRESH FRUIT <b>12</b>
1P BOILED GREEN BEANS AND POTATOES BOLOGNESE PASTA (minced vegano and homemade tomato sauce) ( 1, 6, T1, T3, T5, T6, T8, T10, T11 ) PO FRESH FRUIT <b>15</b>	1P SAUTEED RICE 2P OMELETTE ( 3 ) GU FRESH SALAD* PO YOGURT ( 7 ) <b>16</b>	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P BAKED HAKE (onion and tomato) ( 4 ) GU FRESH SALAD* PO FRESH FRUIT <b>17</b>	1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P LOIN WITH APPLE SAUCE GU FRESH SALAD* PO YOGURT ( 7 ) <b>18</b>	1P CHRISTMAS SOUP WITH SMALL MEATBALLS ( 1, 3, 9, 12, T6, T10 ) 2P BAKED CHICKEN (with tomato and onion) PO FRESH FRUIT <b>19</b>
1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P GRILLED HAKE ( 4 ) FRESH SALAD* PO FRESH FRUIT <b>22</b>	1P PASTA WITH NAPOLITAN SAUCE AND CHEESE ( 1, 7, T3, T6, T10 ) 2P MEATBALLS ( 12 ) GU BOILED VEGETABLES PO YOGURT ( 7 ) <b>23</b>	1P VEGETAL SOUP 2P GRILLED CHICKEN GU FRESH SALAD* PO FRESH FRUIT <b>24</b>	<b>Holiday</b> <b>25</b>	<b>Holiday</b> <b>26</b>
1P LENTILS & VEGETABLE STEW 2P OMELETTE ( 3 ) GU FRESH SALAD* PO FRESH FRUIT <b>29</b>	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9, T6, T10 ) 2P BAKED CHICKEN GU BOILED CARROTS PO YOGURT ( 7 ) <b>30</b>	<b>Holiday</b> <b>31</b>	<b>Happy holidays</b>	

Validated menus by our SANED dietitians.nutritionists (CAT002342)



Gluten  
( 1 )



Crustaceans  
( 2 )



Eggs  
( 3 )



Fish  
( 4 )



Peanuts  
( 5 )



Soy  
( 6 )



Milk  
( 7 )



Nuts  
( 8 )



Celery  
( 9 )



Mustard  
( 10 )



Sesame  
( 11 )



Sulfites  
( 12 )



Lupins  
( 13 )



Molluscs  
( 14 )



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