

DECEMBRE | ESCOLA MONTCAU-LA MOLA (Primary School)

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 1	1P "TRINXAT DE LA CERDANYA" (sauteed cabbage and potato) 2P GRILLED PORK & BEEF BURGER (12) GU BOILED CARROTS PO YOGURT (7) 2	1P VEGETAL SOUP 2P TURKEY STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT 3	1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms) 2P "GALICIAN" HAKE (with onion and sweet paprika) (4) GU LETTUCE, CARROT AND TOMATO SALAD PO YOGURT (7) 4	1P FISH SOUP WITH PASTA (1, 2, 4, 9, 14, T4, T6, T10) 2P BAKED CHICKEN GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT 5
Holiday 8	1P RICE WITH HOMEMADE TOMATO SAUCE 2P BREADED PORK LOIN WITH HAM & CHEESE (1, 3, 6, 7, T2, T4, T9, T10, T12, T14) GU FRESH SALAD PO YOGURT (7) 9	1P CARROT CREAM (potato and onion) 2P BAKED CHICKEN WITH THYME GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 10	1P SAUTEED BABY BEANS WITH GARLIC AND PARSLEY 2P POTATOES AND ONION OMELETTE (3) GU FRESH SALAD (lettuce, sweet corn and beetroot) PO YOGURT (7) 11	1P "FIDEUA" WITH VEGETABLES WITH ALIOLI (optional) (1, 3, 9, T6, T10) 2P BAKED COD (with garlic, parsley and paprika) (1, 4) GU FRESH SALAD (lettuce, tomato and carrot) PO FRESH FRUIT 12
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 15	1P SAUTEED RICE 2P ARTICHOKE AND POTATOE OMELETTE (3, 9, 12) GU FRESH SALAD (lettuce, tomato and sweet corn) PO YOGURT (7) 16	1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P LOIN WITH APPLE SAUCE GU LETTUCE, CARROT AND SWEET CORN PO FRESH FRUIT 17	1P CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 2P BAKED HAKE (onion and tomato) (4) GU FRESH SALAD PO YOGURT (7) 18	1P CHRISTMAS SOUP WITH SMALL MEATBALLS (1, 3, 9, 12, T6, T10) 2P BAKED CHICKEN (Plums and raisins) (T5, T8, T11) PO CHRISTMAS DESSERT (1, 3, 6, 7, 8, 12, T3, T5, T10, T11, T12) 19

