

# DECEMBRE | ESCOLA MONTCAU-LA MOLA (Secondary School)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1P LENTILS & VEGETABLE STEW o LENTIL AND RICE STEW 2P SWEET POTATOES OMELETTE ( 3 ) o COOKED HAM OMELETTE ( 3 ) GU FRESH SALAD PO FRESH FRUIT <b>1</b>	1P "TRINXAT DE LA Cerdanya" (sauteed cabbage and potato) o BOILED PEAS AND POTATOES 2P GRILLED PORK & BEEF BURGER ( 12 ) o GRILLED PORK LOIN IN CHIMICHURRI" SAUCE ( 12 ) GU BOILED CARROTS PO YOGURT ( 7 ) <b>2</b>	1P VEGETAL SOUP o BOILED GREEN BEANS AND POTATOES 2P TURKEY STEW o GRILLED TURKEY GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT <b>3</b>	1P SAUTEED RICE WITH VEGETABLES o MUSHROOMS AND PUMPKIN RISOTTO ( 7, 9, T3 ) 2P "GALICIAN" HAKE (with onion and sweet paprika) ( 4 ) o "ANDALUSIAN" HAKE (Fried with flour) ( 1, 4 ) GU FRESH SALAD PO YOGURT ( 7 ) <b>4</b>	1P FISH SOUP WITH PASTA ( 1, 2, 4, 9, 14, T4, T6, T10 ) o VEGETABLE & PASTA SOUP ( 1, 9, T6, T10 ) 2P BAKED CHICKEN o CHICKEN WITH AROMATIC HERBS ( 9 ) GU FRESH SALAD PO FRESH FRUIT <b>5</b>
<b>Holiday</b> <b>8</b>	1P RICE WITH HOMEMADE TOMATO SAUCE p SAUTEED RICE WITH VEGETABLES BREADED PORK LOIN WITH HAM & CHEESE ( 1, 3, 6, 7, T2, T4, T9, T10, T12, T14 ) o GRILLED PORK LOIN GU FRESH SALAD PO YOGURT ( 7 ) <b>9</b>	1P CARROT CREAM o BOILED BROCCOLI WITH CARROTS 2P BAKED CHICKEN WITH THYME o GRILLED CHICKEN GU SAUTED COUSCOUS ( 1, T6, T10 ) PO FRESH FRUIT <b>10</b>	1P SAUTEED BABY BEANS WITH GARLIC AND PARSLEY o HOMEMADE HUMMUS WITH BREAD STICKS 1, 6, 11, 12 ) 2P POTATOES AND ONION OMELETTE ( 3 ) o MUSHROOM AND AUBERGINE OMELETTE ( 3 ) GU FRESH SALAD PO YOGURT ( 7 ) <b>11</b>	1P "FIDEUA" WITH VEGETABLES ( 1, 3, 9, T6, T10 ) o "FIDEUA" WITH ALIOLI SAUCE ( 1, 2, 3, 4, 9, 14, T4, T6, T10 ) 2P BAKED COD (with garlic, parsley and paprika) ( 1, 4 ) o GRILLED COD ( 2, 4 ) GU FRESH SALAD PO FRESH FRUIT <b>12</b>
1P BOILED GREEN BEANS AND POTATOES o SAUTEED PEAS WITH MUSHROOMS BOLOGNESE PASTA (minced vegano and homemade tomato sauce) ( 1, 6, T1, T3, T5, T6, T8, T10, T11 ) o CARBONARA SAUCE PASTA ( 1, 7, T3, T6, T10 ) PO FRESH FRUIT <b>15</b>	1P SAUTEED RICE o RICE WITH VEGETABLES SAUCE 2P ARTICHOKE AND POTATOE OMELETTE ( 3, 9, 12 ) o OMELETTE ( 3 ) GU FRESH SALAD PO YOGURT ( 7 ) <b>16</b>	1P VEGETABLES CREAM o BOILED MIXED VEGETABLES WITH POTATOES ( 3, 9, 12 ) 2P LOIN WITH APPLE SAUCE o PORK CHOPS WITH HONEY SAUCE (optional) GU FRESH SALAD PO FRESH FRUIT <b>17</b>	1P CHICKPEAS & VEGETABLES STEW o SAUTEED CHICKPEAS, HAM & WHOLE GRAIN RICE 2P BAKED HAKE (onion and tomato) o ( 4 ) BAKED SALMON (with onion and natural tomato) ( 4, T2 ) GU FRESH SALAD PO YOGURT ( 7 ) <b>18</b>	1P CHRISTMAS SOUP WITH SMALL MEATBALLS ( 1, 3, 9, 12, T6, T10 ) o VEGETABLE SOUP WITH PASTA ( 1, 9, T6, T10 ) BAKED CHICKEN (Plums and raisins) ( T5, T8, T11 ) o GRILLED CHICKEN PO CHRISTMAS DESSERT ( 1, 3, 6, 7, 8, 12, T3, T5, T10, T11, T12 ) <b>19</b>

