

FEBRUARY | MONTCAU-LA MOLA (Pre-School)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1P SAUTEED RICE WITH VEGETABLES (onion, leek, green beans, carrot and mushrooms) 2P CHEESE OMELETTE (3, 7) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT 2	1P FISH SOUP WITH PASTA (1, 2, 4, 9, 14, T4, T6, T10) 2P TURKEY STEW GU SAUTEED POTATOES PO YOGURT (7) 3	CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 1P "GALICIAN" COD (with onion and sweet paprika) (4) 2P LETTUCE AND TOMATO SALAD GU FRESH FRUIT PO 4	1P VEGETAL SOUP BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 6, T1, T3, T5, T6, T8, T10, T11) 2P YOGURT (7) PO 5	1P BOILED PEAS AND POTATOES 2P BAKED CHICKEN WITH APPLE (12) GU LETTUCE, CARROT AND TOMATO SALAD PO FRESH FRUIT 6
1P BOILED GREEN BEANS AND POTATOES 2P BAKED HAKE (onion and tomato) (4) GU FRESH SALAD PO FRESH FRUIT 9	1P NAPOLITAN PASTA (homemade tomato sauce) (1, 7, T3, T6, T10) 2P GRILLED PORK LOIN WITH FINE HERBS GU SAUTEED PEAS PO YOGURT (7) 10	1P CARROT CREAM (potato and onion) 2P GRILLED TURKEY WITH LEMON VINAIGRETTE (12) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 11	1P RICE WITH VEGETABLES SAUCE 2P OMELETTE WITH CATALAN EGG SAUSAGE (3) GU FRESH SALAD (lettuce, sweet corn and beetroot) PO YOGURT (7)  12	1P LENTILS & PUMPKIN STEW (9, T1) 2P HOMEMADE BREADED CHICKEN STICKS (1, 3, 10) GU LETTUCE, CARROT AND TOMATO SALAD PO CARNIVAL DESSERT (7)  13
Holiday 16	1P VEGETABLES CREAM (green beans, chard, carrot and potato) 2P MEATBALLS IN TOMATO SAUCE (6, 12) GU BOILED VEGETALBES PO YOGURT (7) 17	1P MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9, T6, T10) 2P ZUCCHINI, ONION AND POTATO OMELETTE (3) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT 18	1P BOILED BROCCOLI AND POTATOES 2P ROASTED CHIKEN GU FRESH SALAD PO YOGURT (7) 19	1P SAUTEED RICE 2P FISH FROM LOCAL MARKET (4) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 20
1P MACARONI IN CHEESE SAUCE (1, 7, T3, T6, T10) 2P SWEET POTATOES OMELETTE (3) GU LETTUCE, CARROT AND TOMATO SALAD PO FRESH FRUIT 23	1P BOILED MIXED VEGETABLES 2P BEEF STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7) 24	1P RICE WITH HOMEMADE TOMATO SAUCE 2P FISH CASSEROLE (2, 4, 9, 14, T4) GU SAUTEED PEAS PO FRESH FRUIT 25	1P PUMPKIN CREAM (potatoes and onion) 2P BAKED CHIKEN WITH THYME GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO YOGURT (7) 26	CHICKPEAS & VEGETABLES STEW (onion, garlic, green and red pepper and tomato) 1P HOMEMADE HAM PIZZA (tomato sauce, mozzarella and olives) (1, 7) 2P LETTUCE, CARROT AND TOMATO SALAD GU FRESH FRUIT PO 27

Validated menus by our SANED dietitians.nutritionists (CAT002342)

