



FEBRUARY | MONTCAU-LA MOLA (Secondary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1P SAUTEED RICE WITH VEGETABLES o RICE WITH VEGETABLES SAUCE 2P CHEESE OMELETTE (3, 7) o MUSHROOM AND AUBERGINE OMELETTE (3) 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) o VEGETABLE & PASTA SOUP (1, 9, T6, T10) 2P TURKEY STEW o GRILLED TURKEY GU SAUTEED POTATOES PO YOGURT (7) 3	1P CHICKPEAS & VEGETABLES STEW o HOMEMADE HUMMUS WITH BREAD STICKS AND VEGETABLE STICKS (1, 6, 11, 12) "GALICIAN" COD (with onion and sweet paprika) (4) o BATTERED COD (with flour and eggs) (1, 3, 4) 2P GU LETTUCE AND TOMATO SALAD PO FRESH FRUIT 4	1P VEGETAL SOUP o BOILED GREEN BEANS AND POTATOES BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 6, T1, T3, T5, T6, T8, T10, T11) o SPIRALS IN PESTO SAUCE(1, 7, T3, T6, T10) 2P PO YOGURT (7) 5	1P BOILED PEAS AND POTATOES o GRILLED VEGETABLES BAKED CHICKEN WITH APPLE (12) o 2P PICKLE ORANGE CHICKEN (12) GU LETTUCE, CARROT AND TOMATO SALAD PO FRESH FRUIT 6
1P BOILED GREEN BEANS AND POTATOES o "TRINXAT DE LA Cerdanya" BAKED HAKE (onion and tomato) (4) o 2P HAKE IN GREEN SAUCE (1, 2, 4, 9, 14, T4) GU FRESH SALAD PO FRESH FRUIT 9	1P NAPOLITAN PASTA (homemade tomato sauce) (1, 7, T3, T6, T10) o MUSHROOM SAUCE PASTA (1, 7, T6, T10) 2P GRILLED PORK LOIN WITH FINE HERBS o PORK LOIN STEW GU SAUTEED PEAS PO YOGURT (7) 10	1P CARROT CREAM o BOILED MIXED VEGETABLES GRILLED TURKEY WITH LEMON VINAIGRETTE (12) o GRILLED TURKEY 2P GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 11	1P RICE WITH VEGETABLES SAUCE o MUSHROOMS AND PUMPKIN RISOTTO (7, 9, T3) 2P OMELETTE WITH CATALAN EGG SAUSAGE (3) o OMELETTE (3) GU FRESH SALAD () PO YOGURT (7) 12	1P LENTILS & PUMPKIN STEW (9, T1) o LENTILS & QUINOA STEW (T1) 2P HOMEMADE BREADED CHICKEN STICKS (1, 3, 10) o GRILLED CHICKEN GU LETTUCE, CARROT AND TOMATO SALAD PO CARNIVAL DESSERT (7)  13
Holiday 16	1P VEGETABLES CREAM o BOILED GREEN BEANS AND CARROT 2P MEATBALLS IN TOMATO SAUCE (6, 12) o GRILLED PORK LOIN GU BOILED VEGETABLES PO YOGURT (7) 17	1P MEAT AND VEGETABLE SOUP WITH PASTA (1, 3, 9, T6, T10) ZUCCHINI, ONION AND POTATO OMELETTE (3) 2P GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO FRESH FRUIT 18	1P BOILED BROCCOLI AND POTATOES o BROCCOLI AU GRATIN (with "bechamel" sauce) (1, 7, T3, T5, T8, T11) 2P GARLIC ROASTED CHIKEN o BAKED CHICKEN GU FRESH SALAD PO YOGURT (7) 19	1P SAUTEED RICE o BASMATI RICE WITH VEGETABLES FISH FROM LOCAL MARKET (4) o BAKED 2P SALMON (4) GU FRESH SALAD (lettuce, tomato and sweet corn) PO FRESH FRUIT 20
1P MACARONI IN CHEESE SAUCE (1, 7, T3, T6, T10) o MACARONI WITH TUNA (1, 3, 4, 7, T3, T6, T10) 2P SWEET POTATOES OMELETTE (3 CH o EEESE OMELETTE (3, 7)) GU LETTUCE, CARROT AND TOMATO SALAD PO FRESH FRUIT 23	1P BOILED MIXED VEGETABLES o SAUTEED PEAS WITH MUSHROOMS 2P BEEF STEW o GRILLED PORK LOIN WITH FINE HERBS GU SAUTEED MUSHROOMS WITH OLIVE OIL PO YOGURT (7) 24	1P RICE WITH HOMEMADE TOMATO SAUCE o SAUTEED RICE FISH CASSEROLE (2, 4, 9, 14, T4) o 2P BAKED MONKFISH (2, 4) GU SAUTEED PEAS PO FRESH FRUIT 25	1P PUMPKIN CREAM (potatoes and onion) o BOILED CAULIFLOWER WITH POTATOES BAKED CHIKEN WITH BBQ SAUCE (12) o 2P CHICKEN WITH THYME (9) GU LETTUCE WITH SWEET CORN AND BLACK OLIVES PO YOGURT (7) 26	1P CHICKPEAS & VEGETABLES STEW o CHICKPEAS AND SPINACH STEW HOMEMADE HAM PIZZA (tomato sauce, mozzarella and olives) (1, 7) o 2P CHICKEN BURGER (12) GU LETTUCE, CARROT AND TOMATO SALAD PO FRESH FRUIT 27

Validated menus by our SANED dietitians.nutritionists (CAT002342)

