OCTOBER | ESCOLA MONTCAU-LA MOLA
(Primary)

Montcau-LaMola

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Organic: pasta, rice, legumes, couscous... **** PLANT-BASED PROTEIN AS A MAIN COURSE, AS MANDATED BY ROYAL DECREE 315/2025		Holiday 1	Holiday 2
1P LENTILS &VEGETABLE STEW (T1, T9) 2P MEAT CROQUETTES (1, 7, T2, T3, T4, T6, T14) GU FRESH SALAD PO FRESH FRUIT 5	1P BOILED BROCCOLI AND POTATOES 2P BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 6, T1, T3, T5, T6, T7, T8, T9, T10, T11) PO YOGURT (7) 6	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP (1, 9, T6, T10) 2P BAKED HAKE (4, T2, T14) GU SEASONED TOMATOES PO FRESH FRUIT 7	1P RICE WITH HOMEMADE TOMATO SAUCE 2P SCRAMBLEED EGGS (3) GU FRESH SALAD PO YOGURT (7) 8	1P LEEKS CREAM (T9) 2P BAKED CHICKEN GU SEASONED TOMATO AND OLIVES PO FRESH FRUIT 9
Holiday 12	1P RICE WITH PUMPKIN AND BEETROOT SAUCE 2P CHEESE OMELLETE (3, 7) GU FRESH SALAD PO YOGURT (7) 13	1P BOILED GREEN BEANS AND POTATOES 2P BEEF STEW GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 14	1P FUSSILIS WITH VEGETABLES SAUCE (1, T6, T10) 2P GRILLED CHICKEN GU FRESH SALAD PO YOGURT (7) 15	1P CHICKPEAS AND SPINACH STEW (T9) 2P BAKED COD (with onion and tomato) (4) GU FRESH SALAD PO FRESH FRUIT 16
1P VEGETABLES CREAM (green beans, chard, carrot and potato) (T9) 2P VEGGIE BALLS WITH TOMATOE SAUCE (T6) GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 19	1P MACARONI whole wheat IN NAPOLITANA SAUCE (homemade tomato sauce) (1, T6, T9, T10) 2P POTATOES OMELETTE (3) GU FRESH SALAD PO YOGURT (7) 20	1P CARROT CREAM (potato and onion) (T9) 2P BAKED CHICKEN (with tomato and onion) GU FRESH SALAD PO FRESH FRUIT 21	1P VEGETABLE RICE "PAELLA" (onion, red and green pepper, leek, peas and green beans) (T9) 2P FISH FROM LOCAL MARKET (2, 4, 14) GU FRESH SALAD PO YOGURT (7) 22	1P LENTILS &PUMPKIN STEW (9, T1) 2P GRILLED PORK LOIN GU APPLE STEW PO FRESH FRUIT 23
1P FISH RICE "PAELLA" (2, 4, 9, 12, 14, T2, T4, T9) 2P CHEESE OMELLETE (3, 7) GU FRESH SALAD PO FRESH FRUIT 26	1P BEANS & VEGETABLES STEW (T9) 2P GRILLED TURKEY WITH ONION SAUCE GU FRESH SALAD PO YOGURT (7) 27	1P HOMEMADE POULTRY, VEGETABLES & WHOLE WHEAT PASTA SOUP (1, 9, T6, T10) 2P BAKED SALMON (with onion and natural tomato) (4, T2, T12, T14) GU FRESH SALAD PO FRESH FRUIT 28	1P BOILED GREEN BEANS AND POTATOES 2P GRILLED PORK & BEEF BURGER (12) GU FRESH SALAD PO YOGURT (7) 29	1P PUMPKIN CREAM (potatoes and onion) 2P BAKED CHICKEN GU POTATOES PO FRESH FRUIT 30

Menú validado por dietistas-nutricionistas colegiadas de SANED

SANED SCHOOL GASTRONOMY

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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