OCTOBER | ESCOLA MONTCAU-LA MOLA (Secondary)

Montcau-LaMola

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ECO 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) o HOMEMADE HUMMUS WITH STICKS (1, 6, 11, 12, T9) 2P MEAT CROQUETTES (1, 7, T2, T3, T4, T6, T14) o TUNA PATTIES (1, 3, 4) GU FRESH SALAD PO FRESH FRUIT 5	1P BOILED BROCCOLI AND POTATOES o BROCCOLI AU GRATIN (1, 7, T3, T5, T8, T11) 2P BOLOGNESE PASTA (minced vegano) (1, 6, T1, T3, T5, T6, T7, T8, T9, T10, T11) o BOLOGNESE SPAGHETTI (minced meat) (1, 12, T3, T6, T10) PO YOGURT (7) 6	1P HOMEMADE POULTRY PASTA SOUP (1, 9, T6, T10) o VEGETABLE & PASTA SOUP (1, 9, T6, T9, T10) 2P BAKED HAKE (4, T2, T14) o HAKE IN GREEN SAUCE (1, 2, 4, 9, 14, T2, T4, T14) GU SEASONED TOMATOES PO FRESH FRUIT 7	1P RICE WITH HOMEMADE TOMATO SAUCE o RICE WITH HOMEMADE TOMATO SAUCE 2P CRAMBLEED EGGS (3) o o ZUCCHINI AND ONION OMELETTE (3) GU FRESH SALAD PO YOGURT (7) 8	1P LEEKS CREAM (T9) o BOILED MIXED VEGETABLES (T9) 2P BAKED CHICKEN o GRILLED CHICKEN GU SEASONED TOMATO AND OLIVES PO FRESH FRUIT 9
Holiday 12	1P RICE WITH PUMPKIN AND BEETROOT SAUCE o SAUTEED RICE WITH TERIYAKI SAUCE (1, 6, T9) 2P CHEESE OMELLETE (3, 7) o OMELETTE (3) GU FRESH SALAD PO YOGURT (7) 13	1P BOILED GREEN BEANS AND POTATOES o "TRINXAT DE LA CERDANYA" (sauteed cabbage and potato with bacon) 2P BEEF STEW o GRILLED BEEF BURGER (12) GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 14	1P FUSSILIS WITH VEGETABLES SAUCE (1, T6, T10) o FUSSIIS WITH AROMATIC HERBS (1, T6, T10) 2P GRILLED CHICKEN o PICKLE ORANGE CHICKEN (12, T9) GU FRESH SALAD PO YOGURT (7) 15	1P CHICKPEAS AND SPINACH STEW (T9) o CHICKPEAS STEW WITH "PANCETA" BAKED COD (with onion and tomato) (4) o 2P BREADED COD (1, 4) GU FRESH SALAD PO FRESH FRUIT 16
1P BbOILED MIXED VEGETABLES (T9 VEGETABLES CREAM (green beans, chard, carrot and potato) (T9) 2P VEGGIE BALLS WITH TOMATOE SAUCE (T6 o GRILLED PORK LOIN WITH FINE HERBS GU SAUTED COUSCOUS (1, T6, T10) PO FRESH FRUIT 19	1P MACARONI IN CARBONARA SAUCE (1, 3, 7, T6, T10) o MACARONI whole wheat IN NAPOLITANA SAUCE (1, T6, T9, T10) 2P POTATOES OMELETTE (3) o EGGS AU GRATIN WITH TOMATO SAUCE (1, 3, 7, T3) GU FRESH SALAD PO YOGURT (7) 20	1P CARROT CREAM (T9) o BOILED SWISS CHARD WITH POTATOES 2P BAKED CHICKEN o GRILLED CHICKEN GU FRESH SALAD PO FRESH FRUIT 21	1P VEGETABLE RICE "PAELLA" (T9) o RICE WITH VEGETABLES SAUCE (T9) 2P FISH FROM LOCAL MARKET (2, 4, 14) GRILLED TUNA (4) GU FRESH SALAD PO YOGURT (7) 22	1P LENTILS &PUMPKIN STEW (9, T1) o LENTILS & QUINOA STEW (T1, T9) 2P GRILLED PORK LOIN o GRILLED "BUTIFARRA" (PORK MEAT) (12, T12) GU APPLE STEW PO FRESH FRUIT 23
1P FISH RICE "PAELLA" (2, 4, 9, 12, 14, T2, T4, T9) o RICE WITH HOMEMADE TOMATO SAUCE 2P CHEESE OMELLETE (3, 7) o SWEET POTATOES OMELETTE (3) GU FRESH SALAD PO FRESH FRUIT 26	1P BEANS & VEGETABLES STEW (T9) o BOILED PEAS AND POTATOES 2P TURKEY BURRITOS (1, 10, T1, T9, T10) GRILLED TURKEY WITH ONION SAUCE GU FRESH SALAD PO YOGURT (7) 27	1P HOMEMADE WHOLE WHEAT PASTA SOUP (1, 9, T6, T10) o SPIRALS IN PESTO SAUCE (1, 7, T3, T6, T10) 2P BAKED SALMON (4, T2, T12, T14) o "GALICIAN" COD (4) GU FRESH SALAD PO FRESH FRUIT 28	1P BOILED GREEN BEANS AND POTATOES o sauted green beans with mushrooms 2P GRILLED PORK & BEEF BURGER (12) GU FRESH SALAD PO YOGURT (7) 29	1P PUMPKIN CREAM o GRILLED VEGETABLES (T9) 2P BAKED CHICKEN o GRILLED 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)

TÜVRheinland CERTIFICADO Sistema de Gestión ISO 9001:2015 www.tuv.com ID 9108639489