

MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
Vegetable soup and pasta <sup>2, 6</sup> "Andalusian" fish, salad and sesame <sup>2, 4, 5</sup>	Stew lentils and vegetables Rice and sauteed vegetables	Cabbage and potato "trinxat" and crispy beetroot Vegetables omelette, salad and olives <sup>1</sup>	Mixed salad Pork ribs and vegetable «Fideus a la cassola» <sup>2</sup>	Vegetables cream and millet Chicken sausages, carrot and sesame <sup>4</sup>
MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
Vegetables cream and millet Baked fish, salad and seeds <sup>5, 8</sup>	Pasta and spinach sauce <sup>2, 4</sup> Scrambled eggs and col Kale chips <sup>1</sup>	Mixed salad Veal stewed, potato and vegetables	Hummus and carrot crudites <sup>4</sup> Veggie paella	Vegetable soup and pasta <sup>2, 6</sup> Roast chicken and vegetables
MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
Rice and tomato Vegetables omelette, salad and carrot <sup>1</sup>	Vegetables and potato Cod fritter, salad and sesame <sup>2, 3, 4, 5</sup>	Mixed salad Stew beans, rice and vegetables	Vegetable soup and pasta <sup>2, 6</sup> Loin and vegetables sauce	Vegetables cream Vegetable and chicken "fideuà" <sup>2</sup>
MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
Mixed salad Stew lentils, rice and vegetables	Cous cous and vegetables <sup>2</sup> French omelette, salad and olives <sup>1</sup>	Vegetables and potato Covered fish and col Kale chips <sup>2, 5</sup>	Vegetable soup and pasta <sup>2, 6</sup> Hamburguer, handmade Ketchup, salad, apple and seeds <sup>8</sup>	Vegetables cream Chicken, apple sauce and rice

**Vegetables** depend on the season. We are part of «Circuit Curt» a group of consumers and ecological farming producers from Maresme

**Side dish** are salads with diferent vegetables depending on the season

Children have **Seasonal Fruit** every day. They will have **Yoghurt** the days without animal protein

Menu prepared by L'Esberla and reviewed by Ivanna Gómez (dietician)

*\* If you want to know our suppliers visit [www.ecomenjadorberganti.weebly.com](http://www.ecomenjadorberganti.weebly.com)*

#### ALLERGEN INFORMATION

- |            |                      |
|------------|----------------------|
| 1 Egg      | 8 Nuts               |
| 2 Gluten   | 9 Soya               |
| 3 Milk     | 10 Shellfish         |
| 4 Sesame   | 11 Crustacean        |
| 5 Fish     | 12 Mustard           |
| 6 Celery   | 13 Lupins            |
| 7 Peanuts  | 14 Sulphite          |
| 7 Cacauets | 14 Anhidrid sulfurós |

