

MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH
Curry and vegetables macaroni	Vegetables cream and millet	Mixed Salad	Vegetables and potatoes	Rice and vegetable salad
Baked fish and salad and beet	French omelette and zucchini chips	Bean and vegetables and rice	«Jardinera» meatballs	Roast chicken and apple sauce
MONDAY 8TH	TUESDAY 9TH	WEDNESDAY 10TH	THURSDAY 11TH	FRIDAY 12TH
Mixed Salad	Vegetables and potatoes salad	Vegetables cream and croutons	Veggie paella	DAY OFF
Bolognese spaghetti	Scrambled eggs and sauteed mushrooms	Sauteed chickpeas and vegetables and rice	Baked fish and salad and carrots	
MONDAY 15TH	TUESDAY 16TH	WEDNESDAY 17TH	THURSDAY 18TH	FRIDAY 19TH
Napolitan macaroni	Vegetables cream and millet	Rice and sauteed vegetables	Veggie soup	Mixed salad
Cod croquettes, salad and sunflower seeds	Loin and sauteed vegetables	Vegetables omelette and tomatoes and olives	Veggie burger and salad, carrot and sesame	Roast chicken and potatoes and vegetables
MONDAY 22ND	TUESDAY 23RD	WEDNESDAY 24TH	THURSDAY 25TH	FRIDAY 26TH
Veggie soup and rice	Pasta and carrots sauce	Vegetables cream and millet	Cous cous and vegetables	Vegetables and potatoes
Baked fish and vegetables sauce	Vegetables omelette and tomatoes, cucumber and olives	Sauteed beans and vegetables	Veal hamburguer, homemade ketchup and salad and sunflower seeds	Chicken sausages and salad, beet and sesame
MONDAY 29TH	TUESDAY 30TH	WEDNESDAY 31ST		
Rice and tomatoes	Chickpeas hummus and carrots crudités	Veggie soup		
Vegetables omelette and salad and olives	«Fideuà» with vegetables	'Andalusian' fish and sauteed vegetables		

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

