

APRIL MENU 2021

Seasonal, local and ecological cantine
Escola Bergantí, El Masnou.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAY OFF	Rice and tomato Cod fritters and salad A: 1, 3, 5	Hummus and crudites Vegetable "fideuà" A: 2, 4	Mixed Salad Couscous and chicken A: 2	Vegetables cream Potato omelette and salad A: 1
Mixed Salad Stew lentils and vegetables A: 5	Pasta and carrot sauce Vegetables omelette and salad A: 1, 2	Vegetables cream Rice and pork stewed A: 2	Soup and pasta Roast chicken and salad A: 2, 6	Vegetables and potato Covered fish and salad A: 5,
Pasta and napolitan sauce Baked fish and salad A: 2, 5,	Mixed Salad Stew chickpeas and vegetables	Veggie paella French omelette and salad A: 1	Vegetables and potato Chicken and vegetable sauce	Vegetables cream Couscous and veal stewed A: 2
Rice and sauteed vegetables Garlic chicken and salad	Mixed Salad Stew beans and vegetables	Vegetables and potato Scrambled eggs and salad A: 1	Vegetables cream Pasta and bolognese sauce A: 2	DAY OFF

Vegetables depend on the season. **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.

ALLERGEN (A) INFORMATION:

1 Egg, 2 Gluten, 3 Milk, 4 Sesame, 5 Fish, 6 Celery, 7 Peanuts, 8 Nuts, 9 Soya, 10 shellfish, 11 crustacean, 12 Mustard, 13 lupins, 14 Sulphur dioxide and sulphites.