

# DECEMBER MENU 2020

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



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Vegetable soup and pasta  
Grilled chicken and baked carrot  
A: 2, 6

Hummus and crudites  
Veggie paella  
A: 4

Pasta and napolitan sauce  
Vegetables omelette and salad  
A: 1, 2, 8

Mixed salad  
Rib stew and potato

7  
DAY OFF

8  
DAY OFF

Pasta and spinach sauce  
Cod fritter and salad  
A: 1, 2, 3, 4, 8

Mixed salad  
Stew lentils, rice and vegetables  
10

Vegetables and potato  
Scrambled eggs and salad  
A: 1  
11

Vegetables cream  
Vegetable and cuttlefish "fideuà"  
A: 2, 10  
14

Mixed salad  
Stew chickpeas and vegetables  
15

Vegetable soup and pasta  
Hamburguer, potato and sweetpotato chips  
A: 2, 6  
16

Cabbage and potato "trinxa"  
and crispy beetroot  
French omelette and salad  
A: 4  
17

Rice and sauteed vegetables  
Garlic chicken and salsad  
18

21  
Christmas menu

**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.