

FEBRUARY MENU 2021

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mixed Salad 1 Stew lentils and vegetables</p>	<p>Pasta and carrot sauce 2 Vegetable omelette and salad A: 1, 2, 4</p>	<p>Vegetables cream 3 Rice, meatballs and "jardinera" sauce</p>	<p>Soup and pasta 4 Garlic chicken and salad A: 2, 6</p>	<p>Vegetables and potato 5 Cod croquettes and salad A: 1, 2, 3, 5</p>
<p>Pasta and napolitan sauce 8 Baked fish and salad A: 2, 5</p>	<p>Mixed Salad 9 Stew chickpeas and vegetables</p>	<p>Veggie paella 10 Scrambled eggs and salad A: 1</p>	<p>Vegetables and potato 11 Chicken and vegetables sauce</p>	<p>Vegetables cream 12 Couscous, veal stewed and vegetables A: 2</p>
<p>15 DAY OFF</p>	<p>Rice and tomato 16 French omelette and salad A: 1, 4</p>	<p>Soup and pasta 17 Falafels, yogurt sauce and salad* A: 2, 3, 4, 6</p>	<p>Mixed Salad 18 Rib stew and potato</p>	<p>Vegetables cream 19 Cuttlefish "fideuà" A: 2, 10</p>
<p>Rice and sauteed vegetables 22 Covered fish and salad A: 5</p>	<p>Mixed Salad 23 Stew beans and vegetables</p>	<p>Vegetables and potato 24 Scrambled eggs and salad A: 1</p>	<p>Soup and pasta 25 Roast chicken and vegetables A: 2, 6</p>	<p>Vegetables cream 26 Pasta and bolognese sauce A: 2</p>

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

* On this day we will serve fruit.

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.