

JANUARY MENU 2021

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



MONDAY

11
Pasta and napolitan
sauce
Cod fritter and salad

A: 1, 2, 5

TUESDAY

12
Mixed salad
Stew lentils

WEDNESDAY

13
Vegetables and
potato
Vegetables
omelette and
salad

A: 1, 4

THURSDAY

14
Vegetable soup and
pasta
Loin and vegetables
sauce and salad

A: 2, 6

FRIDAY

15
Vegetables cream
Chicken and rice
casserole

18
Rice and tomato
Baked fish and salad

A: 5

19
Stew chickpeas
Scrambled eggs
and salad

A: 1

20
Vegetable soup and
pasta
Roast chicken and
vegetables

A: 2, 6

21
Vegetables cream
Pasta and lentils
bolognese sauce

A: 2

22
Mixed salad
Veal and potato stew

25
Vegetable soup
and pasta
"Andalusian" fish
and salad

A: 2, 5, 6

26
Mixed salad
Stew beans

27
Vegetables cream
Pasta and bolognese
sauce

A: 2

28
Vegetables and
potato
French omelette
and salad

A: 4

29
Rice and sauteed
vegetables
Chicken and apple
sauce

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.