

MARCH 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 spinach sauce 2 Scrambled eggs and salad A: 1, 2, 4, 8</p>	<p>Vegetables and potato 3 Cod fritters and salad A: 1, 2, 3, 5</p>	<p>Vegetables cream 4 Veal stewed and rice</p>	<p>Soup and pasta 5 Garlic chicken and salad A: 2, 6</p>
<p>Rice and tomato 8 Baked fish and vegetables sauce and salad A: 5</p>	<p>Vegetables and potato 9 French omelette and salad A: 1, 4</p>	<p>Vegetables cream 10 Couscous, stewed pork and vegetables A: 2</p>	<p>Soup and pasta 11 Chicken hamburger, homemade ketchup and chips A: 2, 6</p>	<p>Mixed Salad 12 Pasta and bolognese lentils sauce A: 2</p>
<p>Sopa amb galets 15 Andalusian fish and salad A: 2, 5, 6</p>	<p>Pasta and carrot sauce 16 French omelette and salad A: 1, 2, 8</p>	<p>Mixed Salad 17 Stew beans and vegetables</p>	<p>Vegetables cream 18 Veal stew and potato A: 8</p>	<p>Veggie paella 19 Chicken and apple sauce</p>
<p>Mixed Salad 22 Stew lentils and vegetables</p>	<p>Pasta and napolitan sauce 23 Roast croquettes and salad A: 1, 2, 3</p>	<p>24 SCHOOL TRIP</p>	<p>25 SCHOOL TRIP</p>	<p>26 SCHOOL TRIP</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.

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.