

MAY MENU 2021

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



MONDAY

Rice and tomato
Cod croquettes and
salad

3

A: 1, 2, 3, 5

TUESDAY

Pasta and spinach
sauce
French omelette and
salad

4

A: 1, 2, 4

WEDNESDAY

Mixed Salad
Stew lentils

5

THURSDAY

Vegetables and
potato
Loin and vegetables
sauce

6

FRIDAY

Vegetables cream
and millet
Roast chicken and
salad

7

Mixed Salad
Cuttlefish "fideuà"

10

A: 2, 10

Vegetables and
potato
Scrambled eggs and
salad

11

A: 1

Vegetable soup
Chicken and apple
sauce

12

A: 2, 6

Hummus and
crudites
Veggie paella

13

A: 4

cous cous and
vegetables
Veal stewed

14

A: 2

Pasta and napolitan
sauce
Baked fish and
salad

17

A: 2, 5

Sauteed chickpeas
and vegetables
Vegetable sticks and
salad

18

A: 1, 2

Vegetables and
potato
Cheese omelette and
salad

19

A: 1, 3

Vegetables cream
Chicken and
vegetable *Tacos*

20

A: 1

Mixed Salad
Rice with ribs

21

DAY OFF

24

Mixed Salad
Cod fritters and
salad

25

A: 1, 2, 3, 5

Mixed Salad
Stew beans

26

Rice and sauteed
vegetables
Vegetables omelette
and salad

27

Vegetables and
potato
Garlic chicken and
salad

28

Rice salad
Baked fish and
vegetables sauce

31

A: 5

Vegetables depend on the season. **Side dish** are salads with different 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.