

OCTOBER MENU 2020

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>Hummus and crudites Race salad</p> <p>A: 4</p>	<p>Soup and pasta Chicken and apple sauce</p> <p>A: 2, 6</p>
<p>Mixed Salad Stew lentils and vegetables</p> <p>5</p>	<p>Pasta and carrot sauce Vegetable omelette and salad</p> <p>A: 1, 2, 4</p> <p>6</p>	<p>Vegetables and potato Chicken sausages and salad</p> <p>A: 2, 3</p> <p>7</p>	<p>Soup and pasta Baked fish and salad</p> <p>A: 2, 5, 6, 8</p> <p>8</p>	<p>Vegetables cream Veal fricassee and rice</p> <p>9</p>
<p>DAY OFF</p> <p>12</p>	<p>Rice and tomato Cod fritter and salad</p> <p>A: 1, 2, 4, 5</p> <p>13</p>	<p>Mixed Salad Stew beans and vegetables</p> <p>ddd</p> <p>14</p>	<p>Vegetables and potato French omelette and salad</p> <p>A: 1</p> <p>15</p>	<p>Pasta and spinach sauce Roast chicken and vegetables</p> <p>A: 2, 4</p> <p>16</p>
<p>Pasta and napolitan sauce Covered fish and salad</p> <p>A: 2, 5, 8</p> <p>19</p>	<p>Vegetables cream Rib stew and potato</p> <p>20</p>	<p>Arròs amb verdures saltejades Scrambled eggs and salad</p> <p>A: 1</p> <p>21</p>	<p>Soup and pasta Garlic chicken and col Kale chips</p> <p>A: 2, 6</p> <p>22</p>	<p>Mixed Salad Stew chickpeas and vegetables</p> <p>A: 8</p> <p>23</p>
<p>Mixed Salad Pasta and bolognese lentils sauce</p> <p>A: 2</p> <p>26</p>	<p>Vegetables cream Potato and onion omelette and salad</p> <p>A: 1, 4</p> <p>27</p>	<p>Veggie paella Veal hamburguer and Salad</p> <p>28</p>	<p>SCHOOL TRIP</p> <p>29</p>	<p>DAY OFF</p> <p>30</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.