

SEPTEMBER MENU 2020

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rice and tomato Cod croquettes, salad and olives A: 1, 2, 3, 5</p>	<p>Pasta and carrot sauce Vegetables omelette, tomato and sesame A: 1, 4</p>	<p>Mixed salad Sauteed chickpeas and vegetables A: 1</p>	<p>Vegetables and potato Hamburger, homemade ketchup, salad and seeds A: 8</p>	<p>Vegetables cream Chicken, vegetables sauce and rice A: 2</p>
<p>Pasta and napolitan sauce Baked fish and vegetables sauce A: 2, 5</p>	<p>Apple salad and seeds Stew lentils and vegetables A: 8</p>	<p>Veggie paella French omelette, salad and carrot A: 1</p>	<p>Vegetables cream Veal stewed, vegetables and potato</p>	<p>Pasta salad Chicken, tomato and olives A: 2</p>
<p>Vegetables cream and lentils "Andalusian" fish, salad and sesame A: 2, 4, 5</p>	<p>Vegetables and potato Scrambled eggs, tomato and olives A: 1</p>	<p>Mixed Salad Pasta and bolognese sauce A: 2</p>		

Vegetables depend 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 Sulphite, 14 Anhidrid sulfurós.