November menu

Day	1st course	2nd course	Dessert
Monday 2	Wholemeal Macaroni with vegetables (also gluten free, celiac; with tuna fish, fructose)	Zucchini omelette with lettuce and olives (also grilled chicken, egg free)	Seasonal fruit
Tuesday 3	Stewed lentils with rice and vegetables (spinach with potato, legume free)	Tenderloin booklets stuffed with ham and cheese (also gluten / lactose free; grilled tuna fish, egg free)	Seasonal fruit
Wednesday 4	Cauliflower cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Chicken thighs with sauce and potatoes	Plain yogurt (Fruit)
Thursday 5	Rice with vegetables and boiled egg	Grilled hake with lettuce and tomato (also omelette, fish free)	Seasonal fruit
Friday 6	Green beans and potato with ham	Turkey with lettuce and carrots	Seasonal fruit
Monday 9	Rice with tuna fish, boiled egg and tomato (also egg and fish free)	Grilled chicken with lettuce and corn	Seasonal fruit
Tuesday 10	Stewed chickpeas with spinach (also potato with spinach, legume / fructose free)	Grilled tenderloin with lettuce and tomato (also tomato free, fructose)	Seasonal fruit
Wednesday 11	"Escudella" (Catalan soup) with noodles and homemade meatballs (also gluten free, celiac; fructose free)	Baked Saint Peter's fish with lettuce and olives (also turkey, fish free)	Plain yogurt (Fruit)
Thursday 12	Cabbage and potato	Omelette with lettuce and carrots (also grilled chicken, egg free)	Seasonal fruit
Friday 13	***HOLIDAY***		
Monday 16	Wholemeal spaghetti with vegetables (also gluten free, celiac; with tuna fish, fructose)	Grilled hake with garlic and parsley, lettuce and tuna fish (also grilled omelette, fish free)	Seasonal fruit
Tuesday 17	Carrots and pumpkin cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Homemade beef hamburger with lettuce and tomato (also tomato free, fructose)	Seasonal fruit
Wednesday 18	Stewed white beans with vegetables (also spinach and potatoes, legume/fructose free)	Cheese omelette with lettuce and carrots (also grilled chicken, egg / lactose free)	Plain yogurt (Fruit)
Thursday 19	Rice with vegetables	Turkey with apple and onion sauce	Seasonal fruit
Friday 20	Broccoli and potatoes	Grilled chicken with lettuce and corn	Seasonal fruit
Monday 23	Stewed lentils with rice and vegetables (also spinach and potato, legume free)	Grilled tenderloin with baked potatoes	Seasonal fruit
Tuesday 24	Wholemeal rice with vegetables and chicken	Baked hake with lettuce and carrots (also omelette, fish free)	Seasonal fruit
Wednesday 25	"Escudella" (Catalan soup) with pasta shells (also gluten free, celiac; fructose free)	Homemade chicken meatballs with mixed vegetables (also gluten free, celiac)	Plain yogurt (Fruit)
Thursday 26	Green beans and potatoes	Tuna fish omelette with lettuce and tomato (also grilled chicken, egg free; tomato free, fructose)	Seasonal fruit
Friday 27	Zucchini cream with croutons and cheese (also gluten free, celiac; cheese free, lactose)	Grilled turkey with lettuce and olives	Seasonal fruit
Monday 30	Vegetable spiral pasta with vegetables (also gluten free, celiac; with tuna fish, fructose)	Grilled beef steak with mushrooms	Seasonal fruit

***Wholemeal bread: Monday and Thursday.** ****All dishes are cooked with virgin olive oil and iodized salt**

Nursery school snack

Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal fruit	Bread and chocolate	Seasonal fruit	Seasonal fruit	Bread with ham and cheese

Menu adaptations are prepared in accordance with the dietary restrictions communicated to the center. In cases of diagnosed allergies or intolerances, the relevant medical information must be provided. The final composition of the adapted dishes is subject to the verification of ingredients and product technical specifications.

NOTE: Due to causes beyond our control, the menu may be changed

Menu rated: Mercè Moreu. N.182