

ESPÀI MIGDIA



School
Edumar
September
2019

Our menus..

- ✓ The vegetable is varied, seasonal and local and ecological preference.
- ✓ The fruit is seasonal and proximity, for the most part.
- ✓ The pasta and the vegetables are organic and proximity.
- ✓ The rice is from the Delta of the Ebro.
- ✓ The fish is fresh twice a month.
- ✓ ** The vegetables by their composition in carbohydrates and proteins can be a main course.
- ✓ The bread will be preferably integral.
- ✓ Meat of pork, veal chicken are free from allergens and come from Catalan farms.
- ✓ The yoghurts are natural without sugar, La Fageda. (Product of social action).
- ✓ We use extra virgin olive oil for dressing and cooking.
- ✓ We use high oleic sunflower oil for frying.
- ✓ The salt is iodized.

MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
			Macaroni with tomato, basil and cheese	Zucchini cream
			Chicken croquettes with lettuce and carrot	Potato omelette and onion with lettuce and corn
			Ice cream	Seasonal fruit
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Rice in Milanese with tomato and peas	Broccoli boiled with potato and seasoned with olive oil	Soup with broth meat with biscuits	Boiled whits with potatoes and salads with olive oil	Pumpkin and carrot cream
Grilled beef burger with lettuce and olives	Baked chicken cuchs with lemon with lettuce and carrot	Potato omelette and spinach with lettuce and corn	Fresh baked fish with lettuce and tomato	Stuffed lentils with rice
Seasonal fruit	Seasonal fruit	Seasonal fruit	Natural yogurt	Seasonal fruit
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Spinach boiled with potatoes and seasoned with olive oil	Rice salad with carrot, cooked ham, corn and olives	Cream of mushrooms with croutons	White beans stewed with quinoa	Soup with chicken broth with pistons
Fideuà with squid strips	Potato omelette and squash with lettuce and cucumber	Veal meatballs with tomato and potato sauce	Orange chicken pearl with lettuce and asparagus stems	Fresh baked fish with lettuce and olives
Seasonal fruit	Seasonal fruit	Seasonal fruit	Natural yogurt	Seasonal fruit
MONDAY 30	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Potato salad with tuna and olives				
Pork stew with onion, carrot, zucchini and peas				
Seasonal fruit				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

ARCASA

As we plan
your lunch?

Cooked/raw vegetables:
at each meal

Cereals, pasta, rice:
at each meal

Legumes:
1-3 times/week

Eggs:
1-2 times/week

Olive oil:
at each meal

Water:
6-8
glasses/day

White meat:
1-3 times/week

Red meat:
1 time/week

Fish:
1-2 times/setmana

Dairy products:
1 time/week

Fresh fruit:
4-5 times a week.

