APRIL | BRITISH COLLEGE OF GAVÁ

SANED
SCHOOL GASTRONOMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	1P NAPOLITAN PASTA (homemade tomato sauce) (1, 3, 7) 2P STEW CROQUETTS (1, 2, 3, 4, 6, 7, 8, 9, 10, 14) GU SAUTEED PEAS PO YOGURT (7) 6	1P LENTILS & VEGETABLES STEW 2P GRILLED CHICKEN WITH SOY, HONEY AND SESAME SAUCE (1, 6, 11) GU LETTUCE, OLIVES AND SWEET CORN SALAD PO FRESH FRUIT 7	1P BOILED GREEN BEANS AND POTATOES 2P BEEF STEW (12) GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT 8	1P SAUTEED RICE (smoked turkey, sweet corn, omelette, peas and carrot) (3, 6) 2P BAKED HAKE (onion and tomato) (4) GU FRESH SALAD (lettuce, red pepper, and carrot) (12) PO FRESH FRUIT 9
1P ZUCCHINI CREAM AND BASIL 2P BOLOGNESE PASTA (minced vegano and homemade tomato sauce) (1, 3, 7, 8, 9, 11) PO FRESH FRUIT 12	1P BOILED CHIKPEAS, POTATOES AND CARROTS 2P ZUCCHINI OMELETTE (3) GU TOMATO AND SWEET CORN SALAD (12) PO FRESH FRUIT 13	1P CARBONARA PASTA (cream and smoked turkey) (1, 3, 7, 12) 2P BAKED SALMON (with onion and natural tomato) (4) GU GRILLED ZUCCHINI PO FRESH FRUIT 14	1P VEGETABLE PAELLA (onion, red and green pepper, leek, peas and green beans) 2P BAKED CHICKEN (onion and natural tomato) (12) GU LETTUCE, OLIVES AND BEETROOT SALAD PO YOGURT (7) 15	1P BOILED BROCCOLI AND POTATOES 2P TURKEY STEW WITH CURRY (12) GU COUSCOUS (1, 6) PO FRESH FRUIT 16
1P RICE WITH HOMEMADE TOMATO SAUCE 2P EGGS AU GRATIN WITH TOMATO SAUCE (1, 3, 7) GU LETTUCE AND CUCUMBER SALAD PO FRESH FRUIT 19	1P RUSSIAN SALAD (3, 4, 6) 2P BEEF STEW WITH THYME AND LEMON (1, 9, 12) GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT 20	1P PESTO PASTA (olive oil, basil, grated cheese and almonds) (1, 3, 5, 7, 8) 2P BAKED CHICKEN WITH LEMON SAUCE (1, 2, 12) GU CORN, TOMATO AND LETTUCE SALAD PO FRESH FRUIT 21	1P LENTILS & VEGETABLES STEW 2P BAKED HAKE (onion and natural tomato) (4) GU DRESSED TOMATO PO FRESH FRUIT 22	1P CHICKEN, VEGETABLES & PASTA SOUP (1, 3, 9) 2P BREADED PORK LOIN WITH HAM AND CHEESE (1, 2, 3, 4, 6, 7, 9, 10, 12, 14) GU "CALIU" POTATOES PO VANILLA AND CHOCOLATE ICE CREAM (6, 7) 23
1P LEEK AND POTATOES CREAM (7) 2P HOMEMADE VEGETAL PIZZA (tomato sauce, mozzarella, aubergine, onion, courgette, mushrooms and olives) (1, 7) GU LETTUCE, OLIVES AND BEETROC SALAD PO FRESH FRUIT 26	1P BEANS & VEGETABLES STEW 2P BAKED CHICKEN WITH VEGETABLES SAUCE (onion, carrot, tomato and green beans) (12) GU CHIPS PO FRESH FRUIT 27	1P BOILED GREEN BEANS, POTATOES AND CARROTS 2P MEATBALLS WITH SAUCE (12) GU COUSCOUS (1, 6) PO YOGURT (7) 28	1P PASTA SALAD AND HONEY AND MUSTARD VINAIGRETTE (1, 3, 4, 6, 10, 12) 2P POTATOES AND ONION OMELETTE (3) GU TOMATO AND SWEET CORN SALAD (12) PO FRESH FRUIT 29	1P CUBAN RICE WITH BOILED EGG (3) 2P BREADED COD (with flour and eggs) (1, 3, 4) GU FRESH SALAD (lettuce, crab, black olives and pink sauce) (2, 3, 4, 6, 14) PO FRESH FRUIT 30

Validated menus by our SANED dietitians-nutritionists (CAT000409)

ALLERGENS:

Gluten (1) · Crustaceans (2) · Eggs (3) · Fish (4) · Peanuts (5) · Soy (6) · Milk (7) · Nuts (8) · Celery (9) · Mustard (10) · Sesame seeds (11) · Sulfites (12) · Lupins (13) · Molluscs (14)