The British College Of Gavà

Nutritionist - Sara Paris

MENU DECEMBER 2022

			1 ECO Macaroni with Bolognese Sauce Fresh fish ECO fruit	2 Green beans with steamed potatoes Baked Chicken with Mushrooms ECO fruit
5 ECO Chicken Fideua Grilled Turkey with Vegetables ECO fruit	6 BANK HOLIDAYS	7 SCHOOL HOLIDAYS	8 BANK HOLIDAYS	9 Carrot and Pumpkin soup Veal Ragout with vegetables Yogurt
12 ECO Lentil stew Spanish omelette with salad Fresh fruit	13 ECO Rice with Tomato sauce Baked chicken with terixaki sauce & potatos ECO fruit	14 Sautéed Vegetable Stew Veal meatballs with vegetables ECO fruit	15 ECO Spaghetti with Carbonara sauce Hake Yogurt	16 ECO Pasta soup Turkey and vegetable wok ECO fruit
19 ECO Pasta with tomato sauce Strogonoff Varied ECO Fruit	20 Vegetables soup Roasted Garlic Loin with Mushrooms ECO fruit	21 ECO Catalan Christmas dish: galets soup Baked chicken with potatoes Crème caramel	22 NO KITCHEN SERVICE	23 HOLIDAYS
26	27	28	29	30
----------HOLIDAYS----------				

ECO

Products accredited with the CCPAE organic certification.

Km 0

Products of Catalan origin and/or purchased in the environment.

Fresh fish from the Catalan fish market 3 times a month.

Whole food

Every day there will be salad

Allergens

For Comertel, talking about proximity or km 0 is neither a fad nor a trend. We have been doing it for several years.

All our raw materials come from local suppliers.

It is our way of ensuring that the ingredients are as fresh as possible, respectful of the environment, and in addition, we can help the local economy.

SEASONAL/PROXIMITY VEGETABLES: Peas, squash, broccoli, carrots, zucchini, peppers and green beans are organic and from Tarragona). Parsley (Barcelona), celery (Barcelona), onion (Lleida), cauliflower (Barcelona), garlic (Girona), chard (Barcelona).
FRUIT OF SEASON / PROXIMITY: Apple and pear (Lleida)
ORGANIC FRUIT: Apple and pear (Lleida)
FRESH FISH according to the market of the fish markets of Costa Brava or Vilanova.
FREE-RANCHED CHICKEN AND TURKEY of Girona
ORGANIC VEGETABLES
PROXIMITY PASTAS OF 'LA PERLA DEL SEGRE' wholemeal and organic and of 'Moianesa', traditional and wholemeal.

WHOLEMEAL RICE of Delta del Ebro
'Q' MEET of 'Puigbó' quality
OLIVE OIL 'Borges' extra virgin olive oil of Tàrrega
YOGURES ARTESANOS of Moianès and Sallent

THE ORIGIN OF OUR FOOD

VISIT el gusto de crecer