

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	VALUE
-----	1 ECO rice with tomato Breaded hake belly with vegetables Variatied fruit	2 Sautéed stew Grilled loin with baked tomato organic fruit	3 Macaroni carbonara turkey stew yoghurt	4 ECO pasta soup Baked chicken with mashed potatoes organic fruit	Products accredited with the CCPAE organic certification. 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
7 Green beans with steamed potatoes Beef burger with tomato organic fruit	8 ECO Stewed Chickpeas with Vegetables Terixaki chicken with baked potato Fresh fruit	9 ECO carbonara spirals Stewed beef a la Jardinera yoghurt	10 ECO star soup with vegetables Fresh fish with baby carrot organic fruit	11 vegetable wok fresh chicken sausages Variatied fruit	
14 ECO lentils with vegetables Croquettes with baked potatoes organic fruit	15 ECO vegetable paella Baked chicken with mushrooms Fresh fruit	16 Carrot cream Calones au gratin organic fruit	17 Stir-fried vegetable stew Veal ragout a la jardinera yoghurt	18 ECO pasta soup Turkey and vegetable wok Variatied fruit	
21 ECO noodle soup Potato omelette with vegetables Fresh fruit	22 Stewed beans with vegetables Breaded loin with mashed potatoes organic fruit	23 Macaroni Bolognese Chicken thigh with mushrooms Fresh fruit	24 Vegetable cream with croutons Fresh fish yoghurt	25 ITALIA	
28 ECO rice with vegetables Beef stew with potato organic fruit	29 chicken noodle San Jacobo with grilled vegetables organic fruit	30 carbonara macaroni Veal Almaondigas with planter yoghurt	31 Stewed lentils Grilled chicken breast with baked potatoes Fresh fruit	-----	

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 Tàrrrega

YOGURES ARTESANOS of Moianès and Sallent

THE ORIGIN OF OUR FOOD

