Sierra Bernia School
British School

Atalaya CATERING

Menu NOVEMBER

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	
Varied salad Vegetable purée Fried chicken with boiled potatoes Fruit	Varied salad Cauliflower purée Hake with vegetables Yogurt	Varied salad Lentils Pasta with pesto Fruit	Varied salad Pumpkin purée Sausages and boiled potatoes Fruit	
		Wednesday 11	**Thursday 12**	**Friday 13**
		Varied salad Pesto pasta Cod with vegetables Fruit	Varied salad Vegetable purée Potato omelet with peas and carrots Fruit	Varied salad Carrot purée Fish fideuá (noodle paella) Yogurt
Monday 16	**Tuesday 17**	**Wednesday 18**	**Thursday 19**	**Friday 20**
Varied salad Estofado de pollo con verduras Varitas de merluza con zanahorias Fruit	Varied salad Tomato soup Meatballs with rice Yogurt	Varied salad Lasagna Chicken with green beans Fruit	Varied salad Chicken soup Omelet with vegetables Fruit	Cucumber and carrot sticks Celery and potato purée Valencian paella Yogurt
Monday 23	**Tuesday 24**	**Wednesday 25**	**Thursday 26**	**Friday 27**
Varied salad Vegetable soup White rice with egg, sausages, and tomato Fruit	Varied salad Carrot purée Alicante-style paella Yogurt	Varied salad Stew Cheeseburger Fruit	Varied salad Mushroom cream soup Lentils with vegetables Fruit	Varied salad Zucchini cream soup Meat fideuá Yogurt
Monday 30				
Varied salad Soup of stars Salmon with vegetables Fruit				

Foods like fruits, nuts, vegetables, vegetables, cereals like rice and pasta. legumes, dairy products, bread and olive oil should be the basis of our diet.

Products such as pastries, pastries, snacks, "knickknacks" and sausages should only be taken occasionally.

Dinner is the best time of the day to complement the school meal. It should be consumed at an hour not too late to avoid that the proximity to the moment of sleep prevents children from sleeping well.

As dinner dishes suggest soups, purees, eggs ... always complementing the food.

It is important to eat fruit in the desserts. Milk intake should not replace fruit.

Gluten, Shellfish, Eggs, Fish, Peanuts, Soybean, Milk, Nuts, Celery, Mustard, Sesamo seeds, Sulphur dioxide and sulphates, Lupin seeds, Molluscs