

JANUARY 2020

Escola CLARET

MONDAY

06



07

X-mas Vacations

08

Fish soup
Rice with ribs
Seasonal fruit

White / wholemeal bread

09

Whole macaroni with tomato
Fried turkey with humus and fresh carrot
chunks
Natural yogurt
White / wholemeal bread

10

Ecologic lentils with rice
Grilled codfish and lettuce salad with
tomato and seeds
Fresh orange juice
White / wholemeal bread

13

Stew potatoes
Grilled sea bass and lettuce salad with corn
Seasonal fruit

White / wholemeal bread

14

Pumpkin cream
Vegetarian rice
Seasonal fruit

White / wholemeal bread

15

Spaghetti with tuna
French omelette and mix lettuce salad with
sesame seeds
Ecologic fruit
White / wholemeal bread

16

Cabbage "trinxat" with potato and bacon
Baked fish with carrot and mushrooms
Natural yogurt

White / wholemeal bread

17

chickpeas with potato
Grilled turkey and lettuce salad with carrot
Seasonal fruit

White / wholemeal bread

20

Mixed vegetables
Baked chicken with natural tomato and
couscous
Seasonal fruit
White / wholemeal bread

21

Ecologic lentils with vegetables
Grilled beef with mushrooms
Seasonal fruit

White / wholemeal bread

22

Rice soup with ribs
Grilled sea bass and lettuce salad with carrot
Seasonal fruit

White / wholemeal bread

23

Whole spiral pasta "carbonara" style
French style omelette with green pepper and
carrot
Natural yogurt
White / wholemeal bread

24

Pumpkin cream with bread crotons
Beef meatballs with vegetables
Seasonal fruit

White / wholemeal bread

27

"milanesa" style rice
Fried fish with mixed lettuce and seeds
Ecologic fruit

White / wholemeal bread

28

Pesto style spaghetti
Baked chicken with apple and potato chunks
Seasonal fruit

White / wholemeal bread

29

Pistons soup
Baked fish omelette with vegetables
Seasonal fruit

White / wholemeal bread

30

Sautéed chickpeas
French omelette with ham, cheese and
mushrooms
Natural yogurt
White / wholemeal bread

31

Ecologic carrot cream
Rice with vegetables
Orange juice

White / wholemeal bread