SERAL

COLEGIO REGINA MUNDI
ENERO 2024 COLEGIO REGINA MUNDI

Degree in Nutrition and Dietetics Pilar Álvarez Ruiz

MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Courgette cream soup		Lentil and vegetable stew	Stewed potatoes in marinara sauce	Cantonese rice
Chicken nuggets with lettuce and sweetcorn salad	Fusilli Bolognese	Dogfish in green sauce with lettuce and carrot salad	French omelet with mushrooms	Lean pork with tomato with sautéed carrot
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread

MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Macaroni with tomato	Carrot cream soup	Stew	Assorted salad	Vegetables and white bean stew
Baked tilapia with olive, carrot, and lettuce salad	Roast chicken ham in its natural juice	Monkfish tail in American-style sauce with sautéed green beans	Chicken rice	Potato omelet with olive, carrot, and lettuce salad
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Macaroni with tomato and tuna	Pumpkin cream soup		Potatoes stewed with vegetables	Castilian-style lentil stew
Hard-boiled egg with lettuce and sweetcorn salad	Chicken croquettes with lettuce, tomato, sweetcorn and onion salad	Rice and seafood	Roasted chicken thigh in its natural sauce with sautéed carrot	Hake in green sauce with sautéed green beans
Fruit	Fruit	Fruit	Fruit yoghurt	Fruit
				Whole-wheat bread

MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
White rice with tomato sauce	Homemade poultry soup	Stew		
Scrambled eggs with mushrooms	Lettuce, tomato and sweetcorn salad	French omelet with lettuce and tomato salad		
Fruit	Fruit	Fruit		

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9

Water and bread are included in all menus.

According to Royal Decree 1420/2006, fishery products to be consumed raw or almost raw have already been frozen.