

DECEMBER



ASSOCIACIÓ de FAMÍLIES d'ALUMNES
de l'Escola L'ENTORN de MATA
C/ Montseny, s/n



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29 Courgette cream</p> <p>Skewered turkey with mushrooms</p> <p>Seasonal fruit</p>	<p>30 Beans</p> <p>Roasted sea bass</p> <p>Seasonal fruit</p>	<p>1 Brown rice</p> <p>Homemade meatballs</p> <p>Seasonal fruit</p>	<p>2 Wholewheat spaghetti with tomato</p> <p>Grilled hake</p> <p>Yoghurt</p>	<p>3 Couscous with vegetables</p> <p>Stuffed eggs</p> <p>Seasonal fruit</p>
<p>6</p> 	<p>7</p> 	<p>8</p> 	<p>9 Stewed lentils</p> <p>French omelette</p> <p>Yoghurt</p>	<p>10 Russian salad</p> <p>Pan-fried chicken breast</p> <p>Seasonal fruit</p>
<p>13 Chopped cabbage with potatoes</p> <p>Pork Loin Steak</p> <p>Seasonal fruit</p>	<p>14 Cuban style-rice</p> <p>Fried egg</p> <p>Seasonal fruit</p>	<p>15 Chickpeas</p> <p>Baked fish</p> <p>Seasonal fruit</p>	<p>16 Beans with potatoes and carrots</p> <p>Roasted chicken</p> <p>Yoghurt</p>	<p>17 Soup</p> <p>Codfish fritter</p> <p>Seasonal fruit</p>
<p>20 Rice with tomatoe</p> <p>Veggie burger</p> <p>Seasonal fruit</p>	<p>21 Salad</p> <p>Cannelloni</p> <p>Nougats</p>	<p>22 Macaroni croquettes</p> <p>Seasonal fruit</p>		