

# January



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>10</b> <i>Chopped cabbage with potatoes</i>  <i>Skewered turkey</i>  <i>Seasonal fruit</i>	<b>11</b> <i>Casserole noodles</i>  <i>French omelette</i>  <i>Seasonal fruit</i>	<b>12</b> <i>Beans</i>  <i>Baked fish filet</i>  <i>Seasonal fruit</i>	<b>13</b> <i>Brown rice with tomato</i>  <i>Grilled sausage with crisps</i>  <i>Yoghurt</i>	<b>14</b>  <i>Squash soup</i>  <i>Cooked chickpeas with vegetables</i>  <i>Seasonal fruit</i>
<b>17</b> <i>Gratinated broccoli with white sauce</i>  <i>Chicken sausages</i>  <i>Seasonal fruit</i>	<b>18</b> <i>Beans</i>  <i>Baked fish filet</i>  <i>Seasonal fruit</i>	<b>19</b> <i>Pumpkin Risotto</i>  <i>Fried eggs</i>  <i>Seasonal fruit</i>	<b>20</b> <i>Leek puree</i>  <i>Pork loin steak</i>  <i>Yoghurt</i>	<b>21</b>  <i>Carbonara spaghetti</i>  <i>Veggie burger</i>  <i>Seasonal fruit</i>
<b>24</b> <i>Sauteed rice with mushrooms and onions</i>  <i>Courgette omelette</i>  <i>Seasonal fruit</i>	<b>25</b> <i>Mashed potatoes</i>  <i>Hake filet</i>  <i>Seasonal fruit</i>	<b>26</b> <i>Salad</i> <i>Bolognese macaroni</i>  <i>Seasonal fruit</i>	<b>27</b>  <i>Squash Cream</i>  <i>Stewed lentils</i>  <i>Yoghurt</i>	<b>28</b>  <i>Russian salad</i>  <i>Codfish fritter</i>  <i>Seasonal fruit</i>
<b>31</b>  <i>Brown rice</i>  <i>Homemade meatballs</i>  <i>Seasonal fruit</i>				