

FEBRUARY



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Brown rice Homemade meatballs Seasonal fruit	1 Soup Beans Seasonal fruit	2 Vegetables cream Roasted Chicken Seasonal fruit	3 Baked potatoes with tomato Pan fried fish Yoghurt	4 CUS-CUS with vegetables Stuffed eggs Seasonal fruit
7 Green peas Pan-fried chicken breast Seasonal fruit	8 Beans, potatoes and carrots Baked fish filet Seasonal fruit	9 Pasta with cheese and tomato sauce Burger Seasonal fruit	10 Salad Lentils lasagne with vegetables Yoghurt	11 Brown rice with vegetables Mushrooms omelette Seasonal fruit
14 Chopped cabbage with potatoes Skewered turkey Seasonal fruit	15 Casserole noodles French omelette Seasonal fruit	16 Beans Baked hake filet Seasonal fruitFRUITA DEL TEMPS	17 Brown rice with tomato Sausage with crisps Yoghurt	18 Squash soup Cooked chickpeas with pesto sauce Seasonal fruit
21 <i>Gratinated broccoli with white sauce</i> Veggie burger Seasonal fruit	22 Beans Stuffed eggs Seasonal fruit	23 Pumpkin risotto Baked fish filet Seasonal fruit	24 Squash with leek puree Pork loin steak Yoghurt	25 
28 Sautéed rice with mushrooms and onion Courgette omelette Seasonal fruit				

