



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

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 Rice with mushrooms and onions Spanish omelette Seasonal fruit</p>	<p>1 Chickpeas Hake filet Seasonal fruit</p>	<p>2 Squash soup Pasta with sauce Seasonal fruit</p>	<p>3 Mashed potatoes Lentils stew Yoghurt</p>	<p>4 Russian salad Codfish fritter Seasonal fruit</p>
<p>7 Brown rice Homemade meatballs Seasonal fruit</p>	<p>8 Grilled vegetables Beans with garlic and parsley Seasonal fruit</p>	<p>9 Vegetables cream Roasted chicken Seasonal fruit</p>	<p>10 Baked potatoes with tomato Roasted sea bass Yoghurt</p>	<p>11 Couscous with vegetables Stuffed eggs Seasonal fruit</p>
<p>14 Green peas with turkey Pan-fried chicken breast Seasonal fruit</p>	<p>15 Potato with beans and carrots Baked fish filet Seasonal fruit</p>	<p>16 Pasta with tomato sauce and grated cheese Burger Seasonal fruit</p>	<p>17 Salad Lentils lasagna Yoghurt</p>	<p>18 Brown rice with vegetables Courgette omelette Seasonal fruit</p>
<p>21 Chopped cabbage with potatoes Skewered turkey Seasonal fruit</p>	<p>22 Casserole noodles French omelette Seasonal fruit</p>	<p>23 Beans Roasted hake Seasonal fruit</p>	<p>24 Brown rice with tomato Sausage with crisps Yoghurt</p>	<p>25 Veggie mini pizza Chickpeas with vegetables Seasonal fruit</p>
<p>28 Gratinated broccoli with white Chicken sausages Seasonal fruit</p>	<p>29 Beans Fried egg Seasonal fruit</p>	<p>30 Pumpkin risotto Roasted sea bass Seasonal fruit</p>	<p>31 Leek puree Pork loin steak Yoghurt</p>	

