

# MARCH | ST PETER'S SCHOOL (N1-N2)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1P PASTA WITH NAPOLITAN SAUCE AND CHEESE ( 1, 7, T3, T6, T10 ) 2P GRILLED HAKE ( 4, T2, T14 ) GU FRESH SALAD PO FRESH FRUIT	2	1P BEANS & VEGETABLES STEW 2P BAKED CHICKEN GU "CALIU" POTATOES PO FRESH FRUIT	3	1P LEEKS CREAM 2P TENDERLOIN WITH FINE HERBS GU SWEET POTATO PO YOGURT ( 7 )	4	1P VEGETABLE "PAELLA" 2P POTATOES OMELETTE ( 3 ) GU BOILED VEGETALBES PO FRESH FRUIT	5	1P BOILED PEAS WITH POTATOES 2P MEATBALLS IN TOMATO SAUCE ( 6, 12 ) GU SAUTED COUSCOUS ( 1, T6, T10 ) PO FRESH FRUIT	6
1P PASTA WITH VEGETABLE SAUCE ( 1, T6, T10 ) 2P BREADED COD ( 1, 4 ) GU FRESH SALAD PO FRESH FRUIT	9	1P CARROT CREAM (potato and onion) 2P GRILLED PORK LOIN GU SAUTEED WHOLE GRAIN RICE PO FRESH FRUIT	10	1P HOMEMADE POULTRY, VEGETABLES & PASTA SOUP ( 1, 3, 9, T6, T10 ) 2P CHICKEN WITH AROMATIC HERBS ( 9 ) GU "CALIU" POTATOES PO FRESH FRUIT	11	1P RICE WITH HOMEMADE TOMATO SAUCE 2P SCRAMBLED EGGS WITH VEGETABLES ( 3 ) GU SEASONED TOMATOES PO FRESH FRUIT	12	1P LENTILS & VEGETABLE STEW ( T1 ) 2P GRILLED CHICKEN GU SWEET POTATO PO YOGURT ( 7 )	13
1P SAUTEED RICE ( sweet corn, peas and carrot ) 2P BAKED HAKE ( 4, T2, T14 ) GU FRESH SALAD PO FRESH FRUIT	16	1P COUS COUS WITH VEGETABLES (courgette and onion) ( 1, T6, T10 ) 2P BEEF STEW GU BOILED VEGETALBES PO FRESH FRUIT	17	1P "FIDEUA" WITH VEGETABLES (1, 9 ) 2P GRILLED PORK LOIN GU BOILED CARROTS PO YOGURT ( 7 )	18	1P BOILED CHIKPEAS, POTATOES AND CARROTS 2P LEMON CHICKEN ( 1, 12 ) GU DICED POTATOES WITH GARLIC AND PARSLEY PO FRESH FRUIT	19	1P ZUCCHINI CREAM 2P SCRAMBLED EGGS WITH VEGETABLES ( 3 ) GU FRESH SALAD PO FRESH FRUIT	20
1P BOILED PEAS AND POTATOES 2P MEATBALLS IN TOMATO SAUCE ( 6, 12 ) GU SAUTED COUSCOUS ( 1, T6, T10 ) PO FRESH FRUIT	23	1P PASTA WITH TOMATO SAUCE ( 1,T6, T10 ) 2P SCRAMBLED EGGS WITH MUSHROOMS ( 3 ) GU FRESH SALAD PO FRESH FRUIT	24	1P SAUTEED RICE ( sweet corn, peas and carrot ) 2P TURKEY STEW GU SAUTEED MUSHROOMS WITH OLIVE OIL PO FRESH FRUIT	25	1P LENTILS & VEGETABLE STEW ( T1 ) 2P BAKED CHICKEN GU BABY CARROT PO YOGURT ( 7 )	26	1P LEEKS CREAM 2P FISH FROM LOCAL MARKET ( 2, 4, 14 ) GU POTATOES PO FRESH FRUIT	27
HOLIDAY		HOLIDAY							
30		31							

FRESH FRUIT



Validated menus by our SANED dietitians.nutritionists (CAT002342)



- Gluten**  
( 1 )
- Crustaceans**  
( 2 )
- Eggs**  
( 3 )
- Fish**  
( 4 )
- Peanuts**  
( 5 )
- Soy**  
( 6 )
- Milk**  
( 7 )
- Nuts**  
( 8 )
- Celery**  
( 9 )
- Mustard**  
( 10 )
- Sesame**  
( 11 )
- Sulfites**  
( 12 )
- Lupins**  
( 13 )
- Molluscs**  
( 14 )

