







SAGE COLLEGE MONTHLY MENU




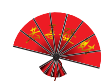




December / 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
1					1 Italian Menu  <ul style="list-style-type: none"> • PESTO PASTA • NEAPOLITAN CHICKEN MILANESE • NATURAL YOGURT WITH FRUIT
2	4 <ul style="list-style-type: none"> • CALABAZA AND MANZANA SOUP • TENDER STEW WITH SLICED POTATOES • SEASON'S FRUIT 	5 <ul style="list-style-type: none"> • LENTILS WITH TURKEY CHORIZO • ROMAN-STYLE CALAMARI AND CROQUETTES • SEASON'S FRUIT 	6 NO SCHOOL DAY	7 NO SCHOOL DAY	8 NO SCHOOL DAY
3	11 <ul style="list-style-type: none"> • LEEK AND POTATO CREAM • MEATBALLS WITH COUS COUS • SEASON'S FRUIT 	12 <ul style="list-style-type: none"> • SPAGHETTI WITH TUNA AND TOMATO • GRILLED LOIN WITH ROASTED VEGETABLES • SEASON'S FRUIT 	13 <ul style="list-style-type: none"> • BEAN STEW • FRIED FISH GADITAN STYLE • SEASON'S FRUIT 	14 <ul style="list-style-type: none"> • STEW SOUP • SCRAMBLED EGG WITH HAM • SEASON'S FRUIT 	15 Asian Menu  <ul style="list-style-type: none"> • THAI SALAD • ORIENTAL STYLE CHICKEN WITH WHITE RICE • NATURAL YOGURT
4	18 <ul style="list-style-type: none"> • GREEN PEAS WITH EGG • BAKED SALMON WITH MASHED POTATOES • SEASON'S FRUIT 	19 <ul style="list-style-type: none"> • LENTILS WITH BROCCOLI AND APPLE • CHICKEN SAUSAGES WITH RICE AND RAISINS • SEASON'S FRUIT 	20 Special Menu Xmas Jumpers Day- Xmas Market  <ul style="list-style-type: none"> • VARIOUS PIZZAS • BAKING POTATOES • DAIRY DESSERT 	21  Xmas Special Menu <ul style="list-style-type: none"> • CHRISTMAS BROTH • ROAST TURKEY WITH SWEET POTATO/APPLE / RICE • ICE CREAM 	CHRISTMAS HOLIDAYS 

SAGE COLLEGE
MONTHLY
MENU
VEGETARIAN



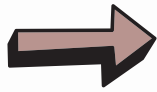
December / 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
1					1 Italian Menu  <ul style="list-style-type: none"> • PESTO PASTA • NEAPOLITAN-STYLE TEXTURED SOY • NATURAL YOGUR WITH FRUIT
2	4 <ul style="list-style-type: none"> • PUMPKIN AND APPLE CREAM • STEWED MUSHROOMS WITH BAKED POTATOES • SEASON'S FRUIT 	5 <ul style="list-style-type: none"> • LENTILS WITH VEGETABLES • ROMAN STYLE CALAMARI AND CROQUETTES • SEASON'S FRUIT 	6 NO SCHOOL DAY	7 NO SCHOOL DAY	8 NO SCHOOL DAY
3	11 <ul style="list-style-type: none"> • LEEK AND POTATO CREAM • VEGETABLE MEATBALLS WITH COUSCOUS • SEASON'S FRUIT 	12 <ul style="list-style-type: none"> • SPAGHETTI WITH TUNA AND TOMATO • GRILLED VEGETABLES • SEASON'S FRUIT 	13 <ul style="list-style-type: none"> • BEAN STEW • FRIED FISH GADITAN STYLE • SEASON'S FRUIT 	14 <ul style="list-style-type: none"> • VEGGIE STEW SOUP • SCRAMBLED EGG WITH TUNA • SEASON'S FRUIT 	15 Asian Menu  <ul style="list-style-type: none"> • THAI SALAD • ORIENTAL RICE WITH BROCCOLI • NATURAL YOGURT
4	18 <ul style="list-style-type: none"> • PEAS WITH EGG • BAKED SALMON WITH MASHED POTATOES • SEASON'S FRUIT 	19 <ul style="list-style-type: none"> • LENTILS WITH BROCCOLI AND APPLE • VEGETABLE SAUSAGES WITH RICE WITH RAISINS • SEASON'S FRUIT 	20 Special menu Xmas Jumpers Day- Xmas Market <ul style="list-style-type: none"> • VARIOUS PIZZAS • BAKING POTATOES • DAIRY DESSERT 	21 Special Christmas menu  <ul style="list-style-type: none"> • CHRISTMAS BROTH • VEGETABLE LASAGNA WITH SWEET POTATO, APPLE AND RICE • ICE CREAM 	CHRISTMAS HOLIDAYS 



Dinner Menu

If we have had for lunch ...



We can have for dinner...

Cereals, starches or vegetables

Raw vegetables or Cooked vegetables

Vegetables

Cereals or starches

Meat/veggie protein

Fish or egg

Fish

Meat or boiled egg

Egg

Fish or meat/ veggie protein

Fruit

Dairy products or fruit

Dairy products

Fruit



Snack suggestions

