

SAGE COLLEGE MONTHLY MENU



November / 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--|
| 1 | | | | 2 | 3 |
| 2 | <ul style="list-style-type: none"> VICHISSEOISE CHICKEN MEATBALLS SEASON'S FRUIT | <ul style="list-style-type: none"> CHICKPEAS WITH VEGETABLES POTATO OMELETTE WITH TOMATO SAUCE SEASON'S FRUIT | <ul style="list-style-type: none"> VEGETABLE PAELLA PORK SAUSAGES SEASON'S FRUIT | <ul style="list-style-type: none"> RIOJAN-STYLE LENTILS SPRING ROLLS WITH SWEET AND SOUR SAUCE SEASON'S FRUIT | <ul style="list-style-type: none"> LEBANESE COUSCOUS STEWED BEEF WITH VEGETABLES NATURAL YOGURT |
| 3 | <ul style="list-style-type: none"> MEDITERRANEAN PASTA SALAD GALICIAN EMPANADA SEASON'S FRUIT | <ul style="list-style-type: none"> PEAS WITH HAM ANDALUSIAN CHICKEN SEASON'S FRUIT | <ul style="list-style-type: none"> CARROT SOUP WITH GINGER MEAT LASAGNA SEASON'S FRUIT | <ul style="list-style-type: none"> BOLOGNESE PASTA CHICKEN THIGHS WITH TOMATO SALAD SEASON'S FRUIT | <p><i>Remembrance Day</i></p> <ul style="list-style-type: none"> CAESAR SALAD FISH AND CHIPS SPECIAL DESERT |
| 4 | <ul style="list-style-type: none"> VEGETABLES SOUP TURKEY ROUND WITH BEANS SEASON'S FRUIT | <ul style="list-style-type: none"> LENTILS WITH PUMPKIN BAKED TURKEY BREAST WITH FRIED POTATOES SEASON'S FRUIT | <ul style="list-style-type: none"> STEW SOUP CHICKEN RICE SEASON'S FRUIT | <ul style="list-style-type: none"> POTATO SALAD PORK LOIN WITH BRILLED VEGETABLES SEASON'S FRUIT | <ul style="list-style-type: none"> CHICKPEA WITH VEGETABLES HAKE STICKS AND CROQUETTES NATURAL YOGURT |
| 5 | <ul style="list-style-type: none"> CREAM OF POTATOES AND LEEKS CHICKEN AND VEGETABLE MEATBALLS SEASON'S FRUIT | <ul style="list-style-type: none"> LENTIL CURRY BASQUE-STYLE COD SEASON'S FRUIT | <ul style="list-style-type: none"> RICE THREE DELIGHTS CHICKEN AL CHILINDRÓN SEASON'S FRUIT | <ul style="list-style-type: none"> ASTURIAN FABADA SCRAMBLED EGGS AND VEGETABLES SEASON'S FRUIT | |

SAGE COLLEGE
MONTHLY
MENU
VEGETARIAN

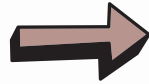


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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|--|--|---|--|
| 1 | | | | 2 | 3 |
| 2 | <ul style="list-style-type: none"> • VICHISSEOISE • SPANISH-STYLE VEGETABLE MEATBALLS • SEASON'S FRUIT | <ul style="list-style-type: none"> • CHICKPEAS WITH VEGETABLES • POTATO OMELETTE WITH TOMATO SAUCE • SEASON'S FRUIT | <ul style="list-style-type: none"> • VEGETABLE PAELLA • VEGETABLE SAUSAGES • FRUIT SALAD | <ul style="list-style-type: none"> • RIOJAN-STYLE LENTILS • SPRING ROLLS WITH SWEET AND SOUR SAUCE • SEASON'S FRUIT | <ul style="list-style-type: none"> • LEBANESE COUSCOUS • STEWED SOY WITH VEGETABLES • NATURAL YOGURT |
| 3 | <ul style="list-style-type: none"> • MEDITERRANEAN PASTA SALAD • GALICIAN EMPANADA • SEASON'S FRUIT | <ul style="list-style-type: none"> • PEAS WITH ONION • IVY IN ANDALUSIA • SEASONAL FRUIT | <ul style="list-style-type: none"> • CARROT AND GINGER CREAM • VEGETABLE LASAGNA • SEASON'S FRUIT | <ul style="list-style-type: none"> • VEGGIE BOLOGNESE PASTA • LENTILS WITH TOMATO SALAD • SEASON'S FRUIT | <p><i>Remembrance Day</i></p> <ul style="list-style-type: none"> • CAESAR SALAD • FISH AND CHIPS • SEASON'S FRUIT |
| 4 | <ul style="list-style-type: none"> • VEGETABLES CREAM • SAUTÉED GREEN BEANS WITH RICE • SEASON'S FRUIT | <ul style="list-style-type: none"> • LENTILS WITH PUMPKIN • BAKED ROSE WITH FRIED POTATOES • SEASON'S FRUIT | <ul style="list-style-type: none"> • VEGETABLE SOUP • RICE WITH VEGETABLES • SEASON'S FRUIT | <ul style="list-style-type: none"> • BEANS WITH VEGETABLES • DOGFISH WITH TOMATO AND BAKED POTATOES • SEASON'S FRUIT | <ul style="list-style-type: none"> • SMASHED BROCCOLI • VEGETABLE FAJITAS • NATURAL YOGURT |
| 5 | <ul style="list-style-type: none"> • CREAM OF POTATOES AND LEEKS • VEGETABLE MEATBALLS AND VEGETABLES • SEASON'S FRUIT | <ul style="list-style-type: none"> • LENTIL CURRY • BASQUE-STYLE COD • SEASON'S FRUIT | <ul style="list-style-type: none"> • RICE THREE DELIGHTS • MUSHROOMS AL CHILINDRON • SEASON'S FRUIT | <ul style="list-style-type: none"> • POTATO SALAD • FRENCH OMELET WITH BRILLED VEGETABLES • SEASON'S FRUIT | <ul style="list-style-type: none"> • CHICKPEA WITH VEGETABLES • HAKE STICKS AND CROQUETTES • NATURAL YOGURT |
| | <ul style="list-style-type: none"> • 27 | <ul style="list-style-type: none"> • 28 | <ul style="list-style-type: none"> • 29 | <ul style="list-style-type: none"> • 30 | |

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



The menu includes water and whole wheat bread (Every day). The fresh fruit served on the menu will be mainly seasonal. For those students with allergies, pertinent modifications will be made to meals. For those allergic to milk, it will be replaced with soy milk, juice or fruit. Soft diets must be notified to the center before 9:30 a.m. on the same day. For vegetarian students we have an optional menu.

In compliance with Regulation (EU) 1169/2011, on food information provided to the consumer and R.D. 126/2015, on the nutritional information of foods that are presented unpackaged for sale to the final consumer and to communities, this school has available for consultation documentation related to the presence of allergens of all our dishes offered on the menu. For those parents who want to check the presence of allergens in any dish prepared at school, request information from the management.

Healthy Decalogue (EVACOLE PLAN)

Choose a varied diet, this ensures the consumption of all the nutrients necessary to maintain your health.

Eat foods from all groups every day to ensure a varied and healthy diet. Include 5 servings of fruits and vegetables in your diet to ensure good health.

Respect meal times; remembering that you have to eat at least three meals a day, although five meals are ideal: breakfast, mid-morning snack, lunch, snack and dinner.

Moderate the consumption of fast foods such as pizza, hamburgers, fries, soft drinks and sweets. They are foods that provide large amounts of sugar, salt and saturated fats, elements that are recommended to be consumed occasionally, due to their relationship with some diseases such as obesity, diabetes and hypertension.

Enjoy the food!!!, share meal times with your family and/or friends. There are no