

SAGE COLLEGE MONTHLY MENU



February / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1	29 <ul style="list-style-type: none"> • VEGETABLES SOUP • CHICKEN FILLET WITH WHITE RICE • SEASONAL FRUIT 	30 <ul style="list-style-type: none"> • BEAN STEW WITH VEGETABLES • GRILLED SALMON WITH BAKED POTATO • SEASONAL FRUIT 	31 <ul style="list-style-type: none"> • PUCHERO SOUP • CROQUETTES / EMPANADILLAS AND GREEN BEANS • FRUIT SALAD 	1 <ul style="list-style-type: none"> • BROCCOLI AU GRATIN • SCRAMBLED EGG WITH TUNA • SEASONAL FRUIT 	2 Mexican Menu <ul style="list-style-type: none"> • MEXICAN SALAD • CHICKEN AND RICE FAJITAS • NATURAL YOGURT WITH DULCE DE LECHE
2	5 <ul style="list-style-type: none"> • COMPLETE SALAD • PORK STEW WITH POTATOES • SEASON'S FRUIT 	6 <ul style="list-style-type: none"> • LENTILS WITH TURKEY SAUSAGE • CAZON FISH ROTEÑA STYLE • SEASONAL FRUIT 	7 <ul style="list-style-type: none"> • STEW SOUP • SCRAMBLED COUNTRY • SEASONAL FRUIT 	8 <ul style="list-style-type: none"> • NEAPOLITAN PASTA • BATTERED HAKE WITH TOMATO PIPIRRANA • FRUIT SALAD 	9 Chinese New Year <ul style="list-style-type: none"> • RICE THREE DELICACIES • PORK WITH SOY SAUCE AND SPRING ROLLS • FLAN
3	12 <ul style="list-style-type: none"> • VEGETABLE SOUP WITH STARS • BAKED POULTRY HAMS WITH BAKERY POTATOES • SEASONAL FRUIT 	13 <ul style="list-style-type: none"> • CHICKPEAS WITH PUMPKIN • FISH FINGERS WITH PILAF RICE • SEASONAL FRUIT 	14 Valentine's Day <ul style="list-style-type: none"> • CARBONARA PASTA • TURKEY SAUSAGES WITH BRAISED VEGETABLES • SPECIAL DESSERT 	15 <ul style="list-style-type: none"> • COURGETTE SOUP • ANDALUSIAN-STYLE CHICKEN WITH COUSCOUS • SEASONAL FRUIT 	16 American Menu <ul style="list-style-type: none"> • RANCH SALAD • BURGER WITH FRIES • NATURAL YOGURT WITH CHOCOLATE CHIPS
4	19 <ul style="list-style-type: none"> • LENTILS WITH BROCCOLI AND APPLE • BREADED CHICKEN FILLET WITH SWEET POTATO • SEASONAL FRUIT 	20 <ul style="list-style-type: none"> • CURRY RICE • GRILLED SALMON WITH PEAS • SEASONAL FRUIT 	21 <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • MEATBALLS JARDINERA STYLE WITH RICE • SEASONAL FRUIT 	22 <ul style="list-style-type: none"> • PASTA BOLOGNESA • PICKLED LOIN WITH BROCCOLI • SEASONAL FRUIT 	23 Andalucia's day <ul style="list-style-type: none"> • DRESSED POTATOES • CÁDIZ FRIED FISH • SPECIAL DESSERT
5	26 No school	27 No school	28 No school	29 <ul style="list-style-type: none"> • GREEN BEANS WITH BOILED POTATO • CHICKEN CHILINDRÓN STYLE • SEASONAL FRUIT 	1 French Menu <ul style="list-style-type: none"> • VICHYSOISSE • BURGUNDY TERNERA • CHOCOLATE MOUSSE



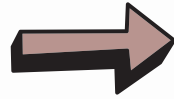
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2	5 <ul style="list-style-type: none"> • COMPLETE SALAD • MUSHROOM STEW WITH POTATOES • SEASON'S FRUIT 	6 <ul style="list-style-type: none"> • LENTILS WITH VEGETABLES • CAZON FISH ROTEÑA STYLE • SEASONAL FRUIT 	7 <ul style="list-style-type: none"> • MINESTRONE • SCRAMBLED VEGETABLE FIELD • SEASONAL FRUIT 	8 <ul style="list-style-type: none"> • NEAPOLITAN PASTA • BATTERED HAKE WITH TOMATO PIPIRRANA • FRUIT SALAD 	9 Chinese New Year <ul style="list-style-type: none"> • RICE THREE DELICACIES • VEGETABLES WITH SOY SAUCE AND SPRING ROLLS • FLAN
3	12 <ul style="list-style-type: none"> • VEGETABLE SOUP WITH STARS • POTATO, TUNA AND EGG SALAD • SEASONAL FRUIT 	13 <ul style="list-style-type: none"> • CHICKPEAS WITH PUMPKIN • FISH FINGERS WITH PILAF RICE • SEASONAL FRUIT 	14 Valentine's Day <ul style="list-style-type: none"> • VEGETABLE CARBONARA PASTA • VEGETABLE SAUSAGES WITH BRAISED VEGETABLES • SPECIAL DESSERT 	15 <ul style="list-style-type: none"> • COURGETTE SOUP • ANDALUSIAN HEURA WITH WITH COUSCOUS • SEASONAL FRUIT 	16 American Menu <ul style="list-style-type: none"> • RANCH SALAD • COMPLETE VEGETABLE BURGER WITH FRIES • NATURAL YOGURT WITH CHOCOLATE CHIPS
4	19 <ul style="list-style-type: none"> • LENTILS WITH BROCCOLI AND APPLE • BAKED SWEET POTATOES • SEASONAL FRUIT 	20 <ul style="list-style-type: none"> • CURRY RICE • GRILLED SALMON WITH PEAS • SEASONAL FRUIT 	21 <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • GARDEN-STYLE VEGETABLE MEATBALLS WITH RICE • SEASONAL FRUIT 	22 <ul style="list-style-type: none"> • VEGETABLE BOLOGNESE PASTA • SAUTÉED LENTILS AND CABBAGE • SEASON'S FRUIT 	23 Andalucia's day <ul style="list-style-type: none"> • DRESSED POTATOES • CÁDIZ FRIED FOOD • SPECIAL DESSERT
5	26 No school	27 No school	28 No school	29 <ul style="list-style-type: none"> • GREEN BEANS WITH BOILED POTATO • MUSHROOMS CHILINDRÓN STYLE • SEASONAL FRUIT 	1 French Menu <ul style="list-style-type: none"> • VICHYSOISSE • TEXTURED SOY BOURGUIGNON • CHOCOLATE MOUSSE



Dinner Menu

**If we have
eaten ...**



**We can
have dinner...**

*Cereals,
starches or
legumes*

Vegetables

Fish

Meat

Egg

Fruit

*Raw vegetables
or cooked
legumes*

Fish or egg

Lean meat or egg

Fish or lean meat

Dairy or fruit

Dairy



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)

1. Choose a varied diet, this ensures the consumption of all the nutrients necessary to maintain your health.
2. 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.
3. 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.
4. 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.
5. Enjoy the food!!!, share meal times with your family and/or friends. There are no good or bad foods... what exists are bad eating habits. All foods can be part of a healthy and balanced diet, if the guidelines of the food pyramid are respected.
6. Avoid snacking between meals. Snacking is not healthy, and if possible it should be avoided. You should choose healthier foods, such as nuts, fruit or yogurt.
7. Drink enough water throughout the day, especially before playing sports. Perform at least 60 minutes of physical activity a day.
8. Sleep at least 8 hours a day. Helps the student's academic performance.
9. Reduce the number of hours spent on technological devices (tablets, mobile phones, laptops...)
10. Have good hygiene practices (wash your hands before handling food, before eating, brushing your teeth after eating...)