





# SAGE COLLEGE MONTHLY MENU



## January / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<b>8</b> <ul style="list-style-type: none"> <li>• STEWED CHICKPEAS</li> <li>• TURKEY ROUND WITH CARROT SAUCE</li> <li>• SEASONAL FRUIT</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• ZUCCHINI SOUP WITH CROUTONS</li> <li>• BAKED HAKE WITH POTATOES</li> <li>• SEASONAL FRUIT</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• NEAPOLITAN PASTA</li> <li>• BAKED CHICKEN HAMS WITH VEGETABLES</li> <li>• SEASONAL FRUIT</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• RIOJAN-STYLE LENTILS</li> <li>• SPRING ROLLS WITH SWEET AND SOUR SAUCE</li> <li>• SEASONAL FRUIT</li> </ul>	<b>12</b>  <b>Lebanese Menu</b> <ul style="list-style-type: none"> <li>• LEBANESE COUSCOUS</li> <li>• STEWED TENDERLOIN WITH VEGETABLES</li> <li>• NATURAL YOGURT</li> </ul>
2	<b>15</b> <ul style="list-style-type: none"> <li>• LEEK AND POTATO SOUP</li> <li>• CHICKEN MEATBALLS WITH COUS COUS</li> <li>• SEASONAL FRUIT</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>• CHICKPEAS WITH VEGETABLES</li> <li>• SCRAMBLED EGG WITH HAM</li> <li>• SEASONAL FRUIT</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• VEGETABLE PAELLA</li> <li>• LOIN STEAKS IN SAUCE</li> <li>• FRUIT SALAD</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• CARROT AND GINGER CREAM</li> <li>• MEAT LASAGNA</li> <li>• SEASONAL FRUIT</li> </ul>	<b>19</b>  <b>English Menu</b> <ul style="list-style-type: none"> <li>• ENGLISH COLESLAW</li> <li>• FISH AND CHIPS</li> <li>• CUSTARD</li> </ul>
3	<b>22</b> <ul style="list-style-type: none"> <li>• PEAS WITH HAM</li> <li>• GALICIAN EMPANADA</li> <li>• SEASONAL FRUIT</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• ZUCCHINI SOUP WITH CROUTONS</li> <li>• CAZÓN WITH TOMATOES AND PATATAS PANADERAS</li> <li>• SEASONAL FRUIT</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• COMPLETE SALAD</li> <li>• PORK STEW WITH POTATOES</li> <li>• SEASONAL FRUIT</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• LENTILS WITH PUMPKIN</li> <li>• ANDALUSIAN CHICKEN WITH BRAISED VEGETABLES</li> <li>• SEASONAL FRUIT</li> </ul>	<b>26</b>  <b>Italian Menu</b> <ul style="list-style-type: none"> <li>• ITALIAN TOMATO, CUCUMBER AND OLIVE SALAD</li> <li>• ASSORTED PIZZAS</li> <li>• ICE-CREAM</li> </ul>
4	<b>29</b> <ul style="list-style-type: none"> <li>• VEGETABLES SOUP</li> <li>• CHICKEN FILLET WITH WHITE RICE</li> <li>• SEASONAL FRUIT</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>• BEANS STEW WITH VEGETABLES</li> <li>• GRILLED SALMON</li> <li>• SEASONAL FRUIT</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• "PUCHERO" SOUP</li> <li>• CROQUETTES AND EMPANADILLAS</li> <li>• FRUIT SALAD</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• BROCCOLI AU GRATIN</li> <li>• SCRAMBLED EGG WITH TUNA</li> <li>• SEASONAL FRUIT</li> </ul>	<b>2</b>  <b>Mexican Menu</b> <ul style="list-style-type: none"> <li>• MEXICAN SALAD</li> <li>• CHICKEN AND RICE FAJITAS</li> <li>• NATURAL YOGURT WITH CARAMEL</li> </ul>

**SAGE COLLEGE**  
**MONTHLY**  
**MENU**  
**VEGETARIAN**



**January / 2024**

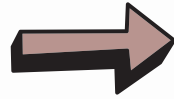
	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• STEWED CHICKPEAS</li> <li>• TEXTURED SOY WITH CARROT SAUCE</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• ZUCCHINI SOUP WITH CROUTONS</li> <li>• BAKED HAKE WITH BAKED POTATOES</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• NEAPOLITAN PASTA WITH TUNA</li> <li>• SAUTEED VEGETABLES</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• VEGETABLE LENTILS</li> <li>• SPRING ROLLS WITH SWEET AND SOUR SAUCE</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>12</b></p> <p><b>Lebanese Menu</b></p> <ul style="list-style-type: none"> <li>• LEBANESE COUSCOUS</li> <li>• VEGETABLE CURRY</li> <li>• NATURAL YOGURT</li> </ul>
2	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• LEEK AND POTATO CREAM</li> <li>• VEGGIE BALLS WITH COUS COUS</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• CHICKPEAS WITH VEGETABLES</li> <li>• SCRAMBLED EGG</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• VEGETABLE PAELLA</li> <li>• SAUTEED CHEEKPEAS</li> <li>• FRUIT SALAD</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• CARROT AND GINGER CREAM</li> <li>• VEGETABLE LASAGNA</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>19</b></p> <p><b>English Menu</b></p> <ul style="list-style-type: none"> <li>• ENGLISH COLESLAW</li> <li>• FISH AND CHIPS</li> <li>• CUSTARD</li> </ul>
3	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• PEAS WITH HAM</li> <li>• GALICIAN EMPANADA</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• ZUCCHINI SOUP WITH CROUTONS</li> <li>• CAZÓN WITH TOMATOES AND PATATAS PANADERAS</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• COMPLETE SALAD</li> <li>• MUSHROOM STEW WITH POTATOES</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• LENTILS WITH PUMPKIN</li> <li>• POLENTA WITH BRAISED VEGETABLES</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>26</b></p> <p><b>Italian Menu</b></p> <ul style="list-style-type: none"> <li>• ITALIAN TOMATO, CUCUMBER AND OLIVE SALAD</li> <li>• ASSORTED PIZZAS</li> <li>• ICE-CREAM</li> </ul>
4	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• VEGETABLES SOUP</li> <li>• BATTERED HAKE WITH WHITE RICE</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• BEANS STEW WITH VEGETABLES</li> <li>• GRILLED SALMON</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• VEGGIE "PUCHERO" SOUP</li> <li>• CROQUETTES AND EMPANDILLAS</li> <li>• FRUIT SALAD</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• BROCCOLI AU GRATIN</li> <li>• SCRAMBLED EGG WITH TUNA</li> <li>• SEASONAL FRUIT</li> </ul>	<p><b>2</b></p> <p><b>Mexican Menu</b></p> <ul style="list-style-type: none"> <li>• MEXICAN SALAD</li> <li>• VEGETABLE FAJITAS</li> <li>• NATURAL YOGURT WITH CARAMEL</li> </ul>





# Dinner Menu

**If we have  
Eaten ...**



**We can  
have dinner...**

*Cereals,  
starches or  
legumes*

*Raw vegetables or  
cooked legumes*

*Vegetables*

*Fish or egg*

*Fish*

*Lean meat or egg*

*Meat*

*Fish or lean meat*

*Egg*

*Dairy or fruit*

*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...)