

SAGE COLLEGE MONTHLY MENU



April / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p>1</p> <ul style="list-style-type: none"> • BEANS WITH VEGETABLES • GRILLED SALMON WITH SLICED POTATOES • SEASONAL FRUIT 	<p>2</p> <ul style="list-style-type: none"> • VEGETABLE SOUP • CHICKEN FILLET WITH WHITE RICE • SEASONAL FRUIT 	<p>3</p> <ul style="list-style-type: none"> • CHICKEN SOUP • CROQUETTES / TUNA PIES AND GREEN BEANS • FRUIT SALAD 	<p>4</p> <ul style="list-style-type: none"> • GRATINATED BROCCOLI • SCRAMBLED EGG WITH POTATO • SEASONAL FRUIT 	<p>5</p> <p>Italian Menu</p> <ul style="list-style-type: none"> • ITALIAN TOMATO, CUCUMBER, AND OLIVE SALAD • ASSORTED PIZZAS • ICE CREAM
2	<p>8</p> <ul style="list-style-type: none"> • MIXED SALAD • PORK STEW WITH POTATOES • SEASONAL FRUIT 	<p>9</p> <ul style="list-style-type: none"> • LENTIL STEW WITH TURKEY CHORIZO • CAZON FISH ROTEÑA STYLE • SEASONAL FRUIT 	<p>10</p> <ul style="list-style-type: none"> • PUMPKIN AND APPLE SOUP • FRENCH OMELETTE WITH HAM • SEASONAL FRUIT 	<p>11</p> <ul style="list-style-type: none"> • NAPOLITAN PASTA • ROAST TURKEY WITH RICE • SEASONAL FRUIT 	<p>12</p> <p>Mexican Menu</p> <ul style="list-style-type: none"> • MEXICAN SALAD • CHICKEN FAJITAS AND RICE • NATURAL YOGURT WITH DULCE DE LECHE
3	<p>15</p> <ul style="list-style-type: none"> • VEGETABLE SOUP WITH PASTA • BAKED CHICKEN DRUMSTICKS WITH SLICED POTATOES • SEASONAL FRUIT 	<p>16</p> <ul style="list-style-type: none"> • CHICKPEA STEW WITH PUMPKIN • HAKE FILLETS WITH PILAF RICE • SEASONAL FRUIT 	<p>17</p> <ul style="list-style-type: none"> • CARBONARA PASTA • TURKEY SAUSAGES WITH BRAISED VEGETABLES • FRUIT SALAD 	<p>18</p> <ul style="list-style-type: none"> • COURGETTE SOUP • CHICKEN ANDALUSIAN STYLE WITH COUSCOUS • SEASONAL FRUIT 	<p>19</p> <p>Asian Menu</p> <ul style="list-style-type: none"> • SPRING ROLLS AND SHRIMP BREAD • PORK WITH SOY SAUCE AND RICE • FLAN
4	<p>22</p> <ul style="list-style-type: none"> • LENTIL STEW WITH BROCCOLI AND APPLE • BREADED CHICKEN FILLET WITH ROASTED SWEET POTATO • SEASONAL FRUIT 	<p>23</p> <ul style="list-style-type: none"> • CURRY RICE • GRILLED SALMON WITH PEAS • SEASONAL FRUIT 	<p>24</p> <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • MEATBALLS WITH RICE • SEASONAL FRUIT 	<p>25</p> <ul style="list-style-type: none"> • BOLOGNESE PASTA • MARINATED PORK LOIN WITH BROCCOLI • SEASONAL FRUIT 	<p>26</p> <p>Special Book Week</p> <p>Picnic Day!</p> <ul style="list-style-type: none"> • SPECIAL SANDWICH WITH FRENCH FRIES • SPECIAL DESSERT
5	<p>29</p> <ul style="list-style-type: none"> • MINISTRONE SOUP • SAUSAGES WITH WHITE RICE • SEASONAL FRUIT 	<p>30</p> <ul style="list-style-type: none"> • MIXED SALAD • BAKED FOGONERO FISH WITH ROASTED POTATOES • SEASONAL FRUIT 	<p>1</p> <ul style="list-style-type: none"> • NICOISE SALAD • MIXED PAELLA • SEASONAL FRUIT 	<p>2</p> <ul style="list-style-type: none"> • SAUTÉED GREEN BEANS • CHICKEN CHILINDRÓN WITH COUSCOUS • SEASONAL FRUIT 	<p>3</p> <ul style="list-style-type: none"> • RUSSIAN SALAD • FRIED FISH FROM CADIZ • NATURAL YOGURT



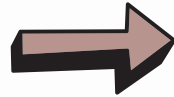
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4	<p>22</p> <ul style="list-style-type: none"> • LENTIL STEW WITH BROCCOLI AND APPLE • ROASTED SWEET POTATO WITH RICE • SEASONAL FRUIT 	<p>23</p> <ul style="list-style-type: none"> • CURRY RICE • GRILLED SALMON WITH PEAS • SEASONAL FRUIT 	<p>24</p> <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • VEGETABLE MEATBALLS WITH RICE • SEASONAL FRUIT 	<p>25</p> <ul style="list-style-type: none"> • SOY BOLOGNESE PASTA • STIR-FRIED BROCCOLI • SEASONAL FRUIT 	<p>26</p> <p>Special Book Week</p> <p>Picnic Day!</p> <ul style="list-style-type: none"> • SPECIAL SANDWICH WITH FRENCH FRIES • SPECIAL DESSERT
5	<p>29</p> <ul style="list-style-type: none"> • MINISTRONE SOUP • VEGETABLE SAUSAGES WITH WHITE RICE • SEASONAL FRUIT 	<p>30</p> <ul style="list-style-type: none"> • MIXED SALAD • BAKED FOGONERO FISH WITH ROASTED POTATOES • SEASONAL FRUIT 	<p>1</p> <ul style="list-style-type: none"> • NICOISE SALAD • FISH PAELLA • SEASONAL FRUIT 	<p>2</p> <ul style="list-style-type: none"> • SAUTÉED GREEN BEANS • MUSHROOMS CHILINDRÓN STYLE WITH COUSCOUS • SEASONAL FRUIT 	<p>3</p> <ul style="list-style-type: none"> • RUSSIAN SALAD • FRIED FISH CADIZ STYLE • NATURAL YOGURT





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...)