


SAGE COLLEGE MONTHLY MENU



March / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1	26 No school	27 No school	28 No school	29 <ul style="list-style-type: none"> • GREEN BEANS WITH BOILED POTATOES • CHICKEN AL CHILINDRÓN • SEASONAL FRUIT 	1 French Menu <ul style="list-style-type: none"> • VICHYSOISSE • BEEF BOURGUIGNON STYLE • CHOCOLATE MOUSSE
2	4 <ul style="list-style-type: none"> • CHICKPEA STEW • TURKEY SLICES WITH SAUTÉED CARROTS • SEASONAL FRUIT 	5 <ul style="list-style-type: none"> • NEAPOLITAN PASTA • BAKED CHICKEN DRUMSTICKS WITH VEGETABLES • SEASONAL FRUIT 	6 <ul style="list-style-type: none"> • RIOJAN-STYLE LENTIL STEW • SPRING ROLLS WITH SWEET AND SOUR SAUCE AND RICE • SEASONAL FRUIT 	7 <ul style="list-style-type: none"> • COURGETTE SOUP WITH CROUTONS • HAKE WITH BAKED POTATOES • SEASONAL FRUIT 	8 Lebanese Menu <ul style="list-style-type: none"> • LEBANESE COUSCOUS • STEWED TENDERLOIN WITH VEGETABLES • NATURAL YOGURT
3	11 <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • ANDALUZA STYLE CHICKEN MEATBALLS WITH PILAF RICE • SEASONAL FRUIT 	12 <ul style="list-style-type: none"> • CARROT SOUP WITH GINGER • MEAT LASAGNA • SEASONAL FRUIT 	13 <ul style="list-style-type: none"> • VEGETABLE PAELLA • LOIN STEAKS IN SAUCE WITH GREEN BEANS • FRUIT SALAD 	14 <ul style="list-style-type: none"> • CHICKPEA STEW WITH VEGETABLES • SCRAMBLED EGGS WITH POTATO AND HAM • SEASONAL FRUIT 	15 English Menu <ul style="list-style-type: none"> • ENGLISH COLESLAW • FISH AND CHIPS • CUSTARD
4	18 <ul style="list-style-type: none"> • SAUTÉED PEAS WITH HAM • GALICIAN EMPANADA • SEASONAL FRUIT 	19 <ul style="list-style-type: none"> • LENTIL STEW WITH PUMPKIN • ANDALUSIAN STYLE CHICKEN WITH BRAISED VEGETABLES • SEASONAL FRUIT 	20 <ul style="list-style-type: none"> • COMPLETE SALAD • PORK STEW WITH POTATOES • SEASONAL FRUIT 	21 <ul style="list-style-type: none"> • MINISTRONE SOUP • CAZÓN FISH WITH TOMATOES AND BAKED POTATOES • SEASONAL FRUIT 	22 Happy Easter!! <ul style="list-style-type: none"> • TOMATO, BOILED EGG, CUCUMBER AND OLIVE SALAD • ASSORTED PIZZAS • ICE CREAM 
5	25 No school	26 No school	27 No school	28 No school	29 No school

SAGE COLLEGE
MONTHLY
MENU
VEGETARIAN



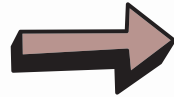
March / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1	26 No school	27 No school	28 No school	29 <ul style="list-style-type: none"> • GREEN BEANS WITH BOILED POTATOES • MUSHROOMS CHILINDRON STYLE • SEASONAL FRUIT 	1 French Menu <ul style="list-style-type: none"> • VICHYSOISSE • TEXTURED SOY BOURGUIGNON • CHOCOLATE MOUSSE
2	4 <ul style="list-style-type: none"> • TEXTURED SOY STEWED CHICKPEA WITH CARROT SAUCE • SEASONAL FRUIT 	5 <ul style="list-style-type: none"> • NEAPOLITAN PASTA WITH TUNA • SAUTÉED VEGETABLES • SEASONAL FRUIT 	6 <ul style="list-style-type: none"> • RIOJAN-STYLE LENTIL STEW • SPRING ROLLS WITH SWEET AND SOUR SAUCE AND RICE • SEASONAL FRUIT 	7 <ul style="list-style-type: none"> • COURGETTE SOUP WITH CROUTONS • HAKE WITH BAKED POTATOES • SEASONAL FRUIT 	8 Lebanese Menu <ul style="list-style-type: none"> • LEBANESE COUSCOUS • LENTIL AND VEGETABLE CURRY • NATURAL YOGURT
3	11 <ul style="list-style-type: none"> • LEEK AND POTATO SOUP • VEGETABLE MEATBALLS SPANISH STYLE WITH PILAF RICE • SEASONAL FRUIT 	12 <ul style="list-style-type: none"> • CARROT SOUP WITH GINGER • VEGETABLE LASAGNA • SEASONAL FRUIT 	13 <ul style="list-style-type: none"> • VEGETABLE PAELLA • GREEN BEANS WITH POTATO • FRUIT SALAD 	14 <ul style="list-style-type: none"> • CHICKPEA STEW WITH VEGETABLES • SCRAMBLED EGG AND POTATO • SEASONAL FRUIT 	15 English Menu <ul style="list-style-type: none"> • ENGLISH COLESLAW • FISH AND CHIPS • CUSTARD
4	18 <ul style="list-style-type: none"> • SAUTÉED PEAS • GALICIAN EMPANADA • SEASONAL FRUIT 	19 <ul style="list-style-type: none"> • LENTILS STEW WITH PUMPKIN • BAKE HAKE WITH BRAISED VEGETABLES • SEASONAL FRUIT 	20 <ul style="list-style-type: none"> • COMPLETE SALAD • MUSHROOM STEW WITH POTATOES • SEASONAL FRUIT 	21 <ul style="list-style-type: none"> • MINISTRONE SOUP • CAZÓN FISH WITH TOMATOES AND BAKED POTATOES • SEASONAL FRUIT 	22 Italian Menu <ul style="list-style-type: none"> • ITALIAN TOMATO, CUCUMBER AND OLIVE SALAD • ASSORTED PIZZAS • FROZEN
5	25 No school	26 No school	27 No school	28 No school	29 No school



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...)