




SAGE COLLEGE MONTHLY MENU







May / 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
1			<p>1</p> <ul style="list-style-type: none"> NICOISE SALAD MIXED PAN SEASONAL FRUIT 	<p>2</p> <ul style="list-style-type: none"> SAUTÉED GREEN BEANS CHICKEN CHILINDRÓN STYLE WITH COUS COUS SEASONAL FRUIT 	<p>3</p> <p>Feria Menu</p> <ul style="list-style-type: none"> SALAD CÁDIZ FRIED FOOD NATURAL YOGURT 
2	<p>6</p> <p>No school</p>	<p>7</p> <ul style="list-style-type: none"> NEAPOLITAN PASTA BAKED CHICKEN DRUMSTICKS WITH VEGETABLES SEASONAL FRUIT 	<p>8</p> <ul style="list-style-type: none"> RIOJAN-STYLE LENTILS SPRING ROLLS WITH SWEET AND SOUR SAUCE AND RICE SEASONAL FRUIT 	<p>9</p> <ul style="list-style-type: none"> ZUCCHINI CREAM WITH CROUTONS BAKED HAKE WITH POTATOES SEASONAL FRUIT 	<p>10</p> <p>No school</p>
3	<p>13</p> <ul style="list-style-type: none"> PASTA SALAD SPANISH-STYLE CHICKEN MEATBALLS WITH BRAISED VEGETABLES SEASONAL FRUIT 	<p>14</p> <ul style="list-style-type: none"> CARROT AND GINGER CREAM MEAT LASAGNA SEASONAL FRUIT 	<p>15</p> <ul style="list-style-type: none"> VEGETABLE PAELLA LOIN STEAKS IN SAUCE WITH GREEN BEANS FRUIT SALAD 	<p>16</p> <ul style="list-style-type: none"> CHICKPEAS WITH VEGETABLES SCRAMBLED EGG AND POTATO WITH HAM SEASONAL FRUIT 	<p>17</p> <p>English Menu</p>  <ul style="list-style-type: none"> ENGLISH COLESLAW FISH AND CHIPS CUSTARD
4	<p>20</p> <ul style="list-style-type: none"> PEAS WITH HAM GALICIAN EMPANADA SEASONAL FRUIT 	<p>21</p> <ul style="list-style-type: none"> LENTILS WITH PUMPKIN ANDALUSIAN CHICKEN WITH WHITE RICE SEASONAL FRUIT 	<p>22</p> <ul style="list-style-type: none"> WALDORF SALAD PORK STEW WITH POTATOES SEASONAL FRUIT 	<p>23</p> <ul style="list-style-type: none"> SOPA MINISTRONE CAZÓN WITH TOMATOES AND PATATAS PANADERAS SEASONAL FRUIT 	<p>24</p> <p>Italian Menu</p>  <ul style="list-style-type: none"> ITALIAN TOMATO, CUCUMBER AND OLIVE SALAD ASSORTED PIZZAS FROZEN
5	<p>27</p> <ul style="list-style-type: none"> MASHED VEGETABLES CHICKEN FILLET WITH WHITE RICE SEASONAL FRUIT 	<p>28</p> <ul style="list-style-type: none"> BEAN SALAD GRILLED SALMON WITH BAKED POTATO SEASONAL FRUIT 	<p>29</p> <ul style="list-style-type: none"> STEW SOUP CROQUETTES / EMPANADILLAS AND GREEN BEANS FRUIT SALAD 	<p>30</p> <ul style="list-style-type: none"> SMASHED BROCCOLI SCRAMBLED EGG WITH TUNA SEASONAL FRUIT 	<p>31</p> <p>Mexican Menu</p>  <ul style="list-style-type: none"> MEXICAN SALAD CHICKEN AND RICE FAJITAS NATURAL YOGURT WITH CARAMEL

SAGE COLLEGE
MONTHLY
MENU
VEGETARIAN



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	Monday	Mars	Wednesday	Thursday	Friday
1			<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 CHILINDRÓN STYLE MUSHROOMS WITH COUS COUS SEASONAL FRUIT 	<p>3</p> <p>Feria Menu</p> <ul style="list-style-type: none"> POTATO SALAD FRIED FOOD CÁDIZ STYLE NATURAL YOGURT 
2	<p>6</p> <p>No school</p>	<p>7</p> <ul style="list-style-type: none"> NEAPOLITAN PASTA WITH TUNA SAUTEED VEGETABLES SEASONAL FRUIT 	<p>8</p> <ul style="list-style-type: none"> RIOJAN-STYLE LENTILS SPRING ROLLS WITH SWEET AND SOUR SAUCE AND RICE SEASONAL FRUIT 	<p>9</p> <ul style="list-style-type: none"> COURGETTE SOUP WITH CROUTONS BAKED HAKE WITH POTATOES SEASONAL FRUIT 	<p>10</p> <p>No school</p>
3	<p>13</p> <ul style="list-style-type: none"> PASTA SALAD VEGETABLE MEATBALLS SPANISH STYLE WITH BRAISED VEGETABLES SEASONAL FRUIT 	<p>14</p> <ul style="list-style-type: none"> CARROT AND GINGER SOUP VEGETABLE LASAGNA SEASONAL FRUIT 	<p>15</p> <ul style="list-style-type: none"> VEGETABLE PAELLA GREEN BEANS WITH POTATO FRUIT SALAD 	<p>16</p> <ul style="list-style-type: none"> CHICKPEAS WITH VEGETABLES SCRAMBLED EGG AND POTATO SEASONAL FRUIT 	<p>17</p> <p>English Menu</p>  <ul style="list-style-type: none"> ENGLISH COLESLAW FISH AND CHIPS CUSTARD
4	<p>20</p> <ul style="list-style-type: none"> PEAS WITH HAM GALICIAN EMPANADA SEASONAL FRUIT 	<p>21</p> <ul style="list-style-type: none"> LENTILS WITH PUMPKIN MERLUZA VERDURAS BRASADAS SEASONAL FRUIT 	<p>22</p> <ul style="list-style-type: none"> WALDORF SALAD SOY STEW WITH POTATOES SEASONAL FRUIT 	<p>23</p> <ul style="list-style-type: none"> SOPA MINISTRONE CAZÓN WITH TOMATOES AND PATATAS PANADERAS SEASONAL FRUIT 	<p>24</p> <p>Italian Menu</p>  <ul style="list-style-type: none"> ITALIAN TOMATO, CUCUMBER AND OLIVE SALAD ASSORTED PIZZAS FROZEN
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Dinner Menu

If we have eaten...

*Cereals, starches
or legumes*

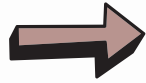
Vegetables

Fish

Meat

Egg

Fruit



We can have dinner...

*Raw vegetables or
cooked legumes*

Fish or egg

Lean meat or egg

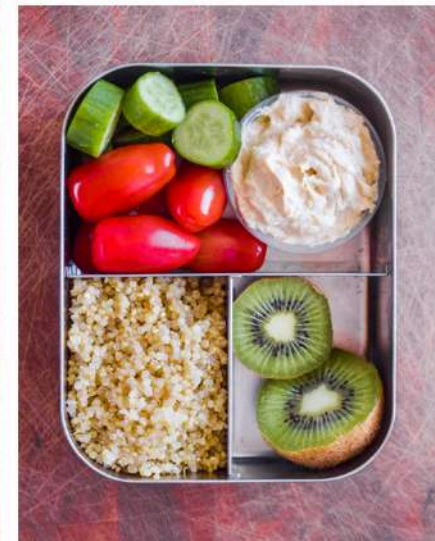
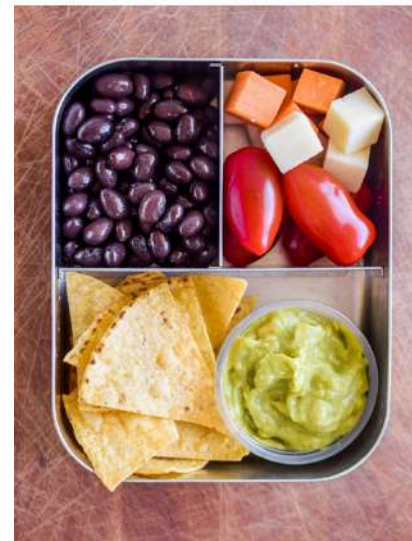
Fish or lean meat

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 should 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...)