

MARCH MENÚ 2020



Celmiranda
S.L.U

DILLUNS

DIMARTS

DIMECRES

DIJOURS

DIVENDRES

2

Green bean with steamed potato
Chicken breast gratin with lettuce, cabbage and black olives (MILK)
Seasonal fruit

3

Rice in a pan with vegetables
Steamed pollock fillet with tomato sauce (FISH)
Seasonal fruit

4

Stewed chickpeas with cuttlefish (MOLLUSC)
Spinach omelette with tomato, sweet corn and green olives (EGG)
Seasonal fruit

5

Bolognese macaroni (GLUTEN, EGG)
Grilled hake with lettuce, carrots and black olives (FISH)
Yogurt LLET NOSTRA (MILK)

6

Broccoli cream and carrot with toasted bread (MILK, SOYA, SULFITS)
Loin roast with mushroom sauce (SULFITS)
Seasonal fruit

9

Rice with tomato sauce and tuna (FISH)
Salmon supreme steamed with Lettuce, Grated Beets and Black Olives (FISH)
Seasonal fruit

10

Braised Potatoes with Monkfish (FISH)
Grilled beef burger with tomato, panis and green olives
Yogurt HOUSE SIBILLÓ (MILK)

11

White bean stewed with vegetables
Potato and onion omelette with lettuce, cabbage and black olives (EGG)
Seasonal fruit

12

Sauteed spinach with steamed potato
Rabbit thigh with mushroom sauce (SULFITS)
Seasonal fruit

13

Meat broth soup with letter paste (GLUTEN, EGG, SOJA)
Turkey fried chicken with steamed peas and carrots
Seasonal fruit

16

Stewed lentils with vegetables and rice
Chicken sausage with lettuce and black olives (MILK, SULFITS)
Seasonal fruit

17

Spaghetti on walnut pesto (GLUTEN, EGG, MILK, NUTS)
Zucchini omelette with lettuce, cabbage and black olives (EGG)
Yogurt LETTERIA LES OBAGUES (MILK)

18

Vegetable cream with toasted bread (MILK, SOYA, SULFITS, GLUTEN)
Hake and shrimp FRESKIBO burger with tomato, asparagus and green olives (FISH, CRUSTACIS, MILK)
Seasonal fruit

19

Rice in the pan with lean pork
Cod loin with steamed vegetables (FISH)
Seasonal fruit

20

Vegetable *minestra*
Veal *fricandó* with mushrooms (SULFITS)
Seasonal fruit

23

Spirals with sweet / savory ham and mushrooms sauce (GLUTEN, EGG, MILK, SOYA, SULFITS)
Steamed chicken fillet with lettuce, carrots and black olives (FISH)
Seasonal fruit

24

Chickpeas stewed with cod (FISH)
French omelette with tomato, corn and green olives (EGG)
Seasonal fruit

25

Zucchini and leek cream with toasted bread (MILK, SOYA, SULFITS)
Chicken thigh with sauteed artichoke
Seasonal fruit

26

Rice in the pan with mushrooms and cheese (MILK, SULFITS)
Charcoal fillet with tomato sauce (FISH)
Seasonal fruit

AFRICA DISCOVERED TABLE

27

Cus cus with vegetables (GLUTEN, EGG)
Lamb Tajine
Millefeuille Al Hanini (GLUTEN, SOYA)

30

Chives sautéed with steamed potato
Veal meatballs with peas and carrots (SOJA, GLUTEN, API, EGG, SULFITS)
Seasonal fruit

31

Fish broth soup with roasted noodles (GLUTEN, EGG, FISH)
Chicken hams with lettuce, red pepper and black olives
Seasonal fruit



Treballem amb productes de proximitat i proveïdors de confiança: verdures i fruites de **L'HORTA DE LLEIDA**, llegums i cereals **ECOLÒGICS**, hamburgueses **FRESKIBO**, carns **SARGAIRE**, **FONCARN** i **CARNISSERIA LENY**, iogurts **CASA SIBILLÓ**, **EL PASTORET**, **LLET NOSTRA** i **LES OBAGUES**, oli d'oliva verge extra **COOP. DE L'ALBAGÉS**

Segons el RD 126/2015 especificuem i destaquem els 14 al·lèrgens de declaració obligatòria en els menús. Els menús adaptats a al·lèrgies o intoleràncies poden contenir traces d'al·lèrgens i contaminacions creuades ja que no s'elaboren en instal·lacions independents.



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