



MENU JANUARY 2021



DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

HOLIDAYS

4

HOLIDAYS

5

HOLIDAYS

6

HOLIDAYS

7

Unripe haricot with potato
Beef hamburger with sautéed artichokes
Seasonal fruit

8

11

Rice with mushrooms and cheese
(SULFITS, MILK)
Chicken breast with lettuce, carrot and black olives
Seasonal fruit

12

ECOLOGICAL chickpeas cooked with vegetables
Steamed saithe filet with tomato sauce **(FISH)**
Yoghourt CASA SIBILLÓ **(MILK)**

13

Stewed potatoes with squid **(MOLLUSC)**
Pork loin with tomato, sweet corn and unripe olives
Seasonal fruit

14

Vegetable cream with dice of toasted bread
(GLUTEN, MILK, SOYA, SULFITS)
Llonganissa at the plate with sautéed haricot
(SOYA)
Seasonal fruit

15

Spaghetti with vegetables **(GLUTEN, SULFITS)**
Hake filet with lettuce and black olives **(FISH)**
Seasonal fruit

18

ECOLOGICAL lentils cooked with vegetables and rice
Pollock loin with onion **(FISH)**
Seasonal fruit

19

Minestra of vegetables
Beef meatballs with tomato sauce **(SOYA, GLUTEN, CELERY, EGG, SULFITS)**
Seasonal fruit

20

Meat broth soup **(GLUTEN, EGG, SOYA)**
Chicken thigh with lettuce, cabbage and black olives
Seasonal fruit

21

ECOLOGICAL Macaroni with pesto sauce
(GLUTEN, MILK, DRY FRUITS)
Omelette with tomato, asparagus and unripe olives **(EGG)**
Seasonal fruit

22

Cream of pumpkin **(MILK, SOYA, SULFITS)**
Steamed salmon with vegetables **(FISH)**
Yoghourt LES OBAGUES **(MILK)**

25

White rice with with tomato and tuna sauce **(FISH)**
Steamed scorpionfish with lettuce, streaky beetroot and black olives **(FISH)**
Seasonal fruit

26

Sautéed chards with potato at the steam
Roasted beef with sauce
Seasonal fruit

27

ECOLOGICAL white haricot cooked with vegetables
Steamed cod filet with tomato, asparagus and unripe olives **(FISH)**
Seasonal fruit

28

Fish broth soup **(GLUTEN, EGG, FISH)**
Rooster stew with peas **(SULFITS)**
Yoghourt OURS MILK **(MILK)**

29

Fideuà with cuttlefish, shrimps and mussels
(GLUTEN, EGG, FISH, CRUSTACEAN, SULFITS)
Zucchini omelette with lettuce, carrot and black olives **(EGG)**
Seasonal fruit



We work with products of proximity and suppliers of trust: vegetables and fruits of **L'HORTA OF LLEIDA**, legumes and **ECOLOGICAL cereals**, hamburgers **FRESKIBO**, meats **SARGAIRE**, **FONCARN** and **BLOODSHED LENY**, yoghourts **HOME SIBILLÓ**, **THE PASTORET**, **OURS MILK** and **THE SUNLESS**, oil d'extra virgin olive **COOP. OF L'ALBAGÉS**

According to the RD 126/2015 specify and excel the 14 al·lèrgens of obligatory statement at the menus. The menus adapted at allergies or intolerances can contain traces d'al·lèrgens i pollutions crossed since they do not elaborate at independent installations.



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MN Càtering