



El Catering de Vilanova

Càtering i Serveis a Col·lectivitats S.C.C.L.

C/ Solicrup, 10, Nau 9 VILANOVA I LA GELTRÚ

Telf. 93 814 40 77 NIF: F-61231023

## WE WORK WITH PROXIMITY CUISINE SEPTEMBER 2020

	14 TO 18 WEEK	21 TO 25 WEEK	28 TO 2 WEEK
M O N D A Y	White rice with homemade tomato sauce Chicken nuggets with lettuce and carrots Seasonal Fruit	Stewed lentils with vegetables Cod croquettes with lettuce and tomato Seasonal Fruit	Chickpeas salad with tomato, tuna and olives Pork schnitzel with lettuce and carrots Seasonal Fruit
T U E S D A Y	Vegetable spirals with bechamel sauce Baked hake with salad Yoghurt	Green salad with tomato, carrots and beet Bean stew with vegetables Seasonal Fruit	Spaghetti carbonara with milk cream Baked hake with tomato Seasonal Fruit
W E D N E S D A Y	Green salad with tomato, carrots and olives Stewed lentils with vegetables Seasonal Fruit	White rice with vegetables Zucchini Omelet with salad and olives Yoghurt	Rice three delights (peas, sweet ham and carrots) Cheese Omelet with salad, olives and cucumber Seasonal Fruit
T H U R S D A Y	Steamed cauliflower and potatoes French omelette with salad and beet Seasonal Fruit	Chicken soup with vegetables (potato, carrots and cabbage) Sauteed Chickpeas with tomato and vegetables Seasonal Fruit	Vegetable stew Roasted Chicken with carrots and eggplant Yoghurt
F R I D A Y	White bean salad with tuna Lemon roast chicken with salad Seasonal Fruit	Steamed green beans with potatoes Baked chicken thighs with lettuce and corn Seasonal Fruit	Pumpkin cream and fried bread Roasted beans with vegetables Seasonal Fruit

**ALL THE MENUS ARE MADE WITH PRODUCTS OF PROXIMITY AND ECOLOGICAL**

FRUITS: ALL FRUITS ARE SEASONAL, PRODUCT OF PROXIMITY  
THESE MENUS ARE SUITABLE FOR CHILDREN FROM 18 TO 20 MONTHS  
MENUS REVIEWED BY THE PUBLIC HEALTH DEPARTMENT OF VILANOVA I LA GELTRU