




## BASAL DIET

## JANUARY 2020

## FUND. SAGRAT COR

Monday	Tuesday	Wednesday	Thursday	Friday
				
6	7	1	2	3
HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
13	14	8	9	10
MILAN STYLE RICE (eco rice, serrano ham, green peas and grated cheese) REMENAT DE BOLETS AMB ENCIAM, PASTANAGA I OLIVES <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	FUSILI SALAD WITH LAMINATED APPLE SEASONAL OILY FISH WITH THREE COLOR SALAD PLAIN YOGURT/ <sup>2</sup> BREAD	MACARONI WITH WHITE SAUCE MEATBALLS WITH GREEN PEAS <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	LENTILS STEW (without xoriço) ZUCCHINI OMELETTE WITH LETTUCE, APPLE AND VINAIGRETTE SALAD PLAIN YOGURT/ <sup>2</sup> BREAD	SEASONAL VEGETABLE SOUP ROASTED CHICKEN WITH SALAD <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD
20	21	15	16	17
FUSILLI WITH CARBONARA SAUCE GRILLED HAKE FILET WITH THREE COLOR SALAD <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	CHARD WITH POTATOES ROASTED CHICKEN WITH CURLY ENDIVE AND POMEGRANATE <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	CHICKPEAS STEW GRILLED CHICKEN WITH ROASTED EGGPLANT <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	GREEN BEANS WITH TOMATO SAUCE AND SERRANO HAM LEAN PORC WITH VEGETABLES AND LETTUCE, OLIVES AND SWEET CORN <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	POTATOES AND VEGETABLES STEW TURKEY SKEWER WITH MUSHROOMS <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD
27	28	22	23	24
CAULIFLOWER WITH POTATOES AU GRATIN VEGETABLE OMELETTE WITH THREE COLOR SALAD <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	GREEN PEAS AND ZUCCHINI CREAMED SOUP HOMEMADE TURKEY CORDON BLEU WITH LETTUCE, CUCUMBER AND ONION APPLE COMPOTE/ <sup>2</sup> BREAD	SOUPY RICE DEEP FRIED CALAMARI WITH LETTUCE, SOY AND OLIVES PLAIN YOGURT/ <sup>2</sup> BREAD	LENTILS AND VEGETABLES STEW SPANISH OMELETTE WITH LETTUCE, TOMATO AND CARROTS <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	SEASONAL VEGETABLE SOUP ROASTED LEAN PORK WITH APPLE MASH <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD
		29	30	31
		WHITE RICE WITH TOMATO SAUCE LEAN BEEF STEW WITH MUSHROOMS <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	HOMEMADE ESCUDELLA GRILLED CHICKEN WITH LETTUCE, OLIVES AND TOMATO <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD	POTATOES AND VEGETABLES STEW DEEP FRIED HAKE WITH STIR FRIED RICE <sup>1</sup> SEASONAL FRUIT/ <sup>2</sup> BREAD



**GUEST FOOD OF THE MONTH:**  
**Apple**

### LEGEND

<sup>1</sup> FRUIT AND SEASONAL VEGETABLES

<sup>2</sup> WHITE BREAD AND WHOLEMEAL BREAD