Menú escolar

Curso 20-21
1er trimestre

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Septiembre

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
		9 Arroz blanco con tomate Albóndigas mixtas a la campesina Melocotón en almíbar Kcal:767 HC:82 Lip:38 Prot:21	10 Crema de calabacín Pechuga de pollo a la naranja Fruta Kcal:400 HC:58 Lip:6 Prot:25	11 Lentejas estofadas Merluza en salsa verde Lacteo Kcal:632 HC:78 Lip:18 Prot:42
14 Sopa de fideos Escalope milanesa Ensalada Lacteo Kcal:595 HC:57 Lip:26 Prot:33	15 Alubias blancas con puerros Pollo guisado en juliana con pimientos Manzana Kcal:631 HC:67 Lip:19 Prot:39	16 Patatas a la riojana Bacalao en salsa verde Lacteo Kcal:539 HC:67 Lip:14 Prot:34	17 Lentejas con zanahoria Tortilla de patata Ensalada Fruta Kcal:560 HC:74 Lip:17 Prot:23	18 Judías verdes salteadas Palometa rebozada con tomate Fruta Kcal:501 HC:55 Lip:17 Prot:28
21 Menestra de verduras Lomo adobado horneado con champiñones Lacteo Kcal:490 HC:56 Lip:16 Prot:29	22 Espaguetis con tomate Fogonero en salsa marinera Fruta Kcal:602 HC:80 Lip:16 Prot:30	23 Crema de zanahoria Pechuga de pavo en salsa Ensalada Lacteo Kcal:621 HC:67 Lip:24 Prot:33	24 Alubias pintas estofadas Merluza en salsa roja Fruta Kcal:528 HC:68 Lip:13 Prot:25	25 Patatas guisadas Huevos con salchichas Fruta Kcal:594 HC:64 Lip:27 Prot:21
28 Crema de verduras Codillo horno con patata panadera Fruta Kcal:551 HC:64 Lip:15 Prot:31	29 Arroz a la milanesa Bacalao a la gallega Fruta Kcal:590 HC:83 Lip:14 Prot:29	30 Garbanzos estofados Tortilla de atún con ensalada Fruta Kcal:640 HC:67 Lip:27 Prot:25		

vuelta al cole

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September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9 White rice with tomato sauce Meatballs in vegetables sauce Peaches in syrup Kcal:767 HC:82 Lip:38 Prot:21	10 Zucchini cream Chicken breast in orange sauce Fruit Kcal:400 HC:58 Lip:6 Prot:25	11 Lentils with vegetables Hake filet in green sauce Dairy Kcal:632 HC:78 Lip:18 Prot:42
14 Noodle soup Escalope milanese Salad Dairy Kcal:595 HC:57 Lip:26 Prot:33	15 White beans with leeks Stewed chicken with pepers Apple Kcal:631 HC:67 Lip:19 Prot:39	16 Rioja style potatoes Cod in green sauce Dairy Kcal:539 HC:6 Lip:14 Prot:34	17 Lentils with carrots Spanish omelette with salad Fruit Kcal:560 HC:74 Lip:17 Prot:23	18 Green beans with potatoes Breaded pomfret in tomato sauce Fruit Kcal:501 HC:55 Lip:17 Prot:28
21 Mixed vegetables Baked marinated tenderloin with mushrooms Dairy Kcal:490 HC:56 Lip:16 Prot:29	22 Spaghetti with tomato Stoker in seafood sauce Fruit Kcal:602 HC:80 Lip:16 Prot:30	23 Carrot cream Turkey breast in sauce Salad Dairy Kcal:621 HC:67 Lip:24 Prot:33	24 Pinto beans with vegetables Hake in red sauce Fruit Kcal:528 HC:68 Lip:13 Prot:25	25 Stewed potatoes Eggs with sausages Fuit Kcal:594 HC:64 Lip:27 Prot:21
28 Vegetabel cream Knuckle baked with hock bakery potato Fruit Kcal:551 HC:64 Lip:15 Prot:31	29 Milanesa style rice Cod Galician-style Fruit Kcal:590 HC:83 Lip:14 Prot:29	30 Chickpeas with vegetables Tuna omelette with salad Fruit Kcal:640 HC:67 Lip:27 Prot:25		

back to school

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OCTUBRE

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
			1 Judías verdes con patatas Merluza en salsa verde Lacteo Kcal:58 HC:59 Lip:19 Prot:34	2 Lentejas estofadas Pollo asado al limón Manzana Kcal:629 HC:68 Lip:120 Prot:41
5 Menestra de verduras Filete ruso en salsa de verduras Fruta Kcal:596 HC:56 Lip:29 Prot:23	6 Alubias blancas con verduras Tortilla de patata Ensalada Lacteo Kcal:589 HC:73 Lip:19 Prot:24	7 Macarrones napolitana con queso Abadejo en salsa roja Fruta Kcal:611 HC:80 Lip:17 Prot:32	8 Patatas a la marinera Lomo sajonia con pimientos Lacteo Kcal:75 HC:69 Lip:18 Prot:33	9
12	13 Sopa de fideos Albóndigas de pescado en salsa marinera Fruta Kcal:563 HC:52 Lip:29 Prot:22	14 Puré de la huerta Pollo guisado con verduras Lacteo Kcal:583 HC:63 Lip:19 Prot:36	15 Garbanzos estofados Chorizo,morcilla,costilla Ensalada de lechuga Fruta Kcal:617 HC:39 Lip:40 Prot:24	16 Porrusalda Merluza en salsa roja Fruta Kcal:471 HC:67 Lip:12 Prot:20
19 Espaguetis en salsa boloñesa Pechuga de pavo al ajillo ensalada Fruta Kcal:545 HC:79 Lip:11 Prot:29	20 Lentejas burgalesa Bacalao a la gallega Lacteo Kcal:681 HC:38 Lip:39 Prot:44	21 Judías verdes salteadas Escalope a la milanesa Fruta Kcal:546 HC:57 Lip:21 Prot:28	22 Alubias pintas estofadas Tortilla francesa con jamón york Ensalada Lacteo Kcal:648 HC:66 Lip:27 Prot:28	23 Crema de calabaza Limanda rebozada en salsa verde Fruta Kcal:446 HC:58 Lip:9 Prot:27
26 Arroz con tomate Huevos con salchichas Fruta Kcal:741 HC:73 Lip:33 Prot:21	27 Menestra de verduras Estofado de ternera con patatas dado Fruta Kcal:514 HC:63 Lip:13 Prot:31	28 Lentejas estofadas Merluza en salsa de tomate Fruta Kcal:529 HC:69 Lip:14 Prot:28	29 Crema de calabacín Filete sajonia rebozado Ensalada de lechuga Lacteo Kcal:565 HC:62 Lip:22 Prot:30	30 Alubias blancas con puerro Salmón a la naranja Fruta Kcal:601 HC:71 Lip:17 Prot:33

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OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Green beans with potatoes Hake fillet in green sauce Dairy Kcal:558 HC:59 Lip:19 Prot:34	2 Lentils with vegetables Lemon roasted chicken Apple Kcal:629 HC:68 Lip:20 Prot:41
5 Mixed vegetables Hamburguer in vegetable sauce Fruit Kcal:596 HC:56 Lip:29 Prot:23	6 White beans with vegetables Spanish omelette with salad Dairy Kcal:589 HC:73 Lip:19 Prot:24	7 Macaroni napolitana and cheese Haddock in in red sauce Fruit Kcal:611 HC:80 Lip:17 Prot:32	8 Seafood style potatoes Baked saxony loin with peppers Dairy Kcal:575 HC:69 Lip:18 Prot:33	9
12	13 Noodle soup Fish meatballs in seafood sauce Fruit Kcal:535 HC:52 Lip:29 Prot:22	14 Vegetable cream Stewed chicken with vegetables Dairy Kcal:583 HC:63 Lip:19 Prot:36	15 Chickpea stew Chorizo, blood sausage, riba Salad Fruit Kcal:617 HC:39 Lip:40 Prot:24	16 Leeks and potatoes Hake in red sauce Fruit Kcal:471 HC:67 Lip:12 Prot:20
19 Spaguetti in bolognese sauce Garlic turkey breast with salad Fruit Kcal:545 HC:79 Lip:11 Prot:29	20 Burgalesa style lentils Cod in Galician-Style Dairy Kcal:681 HC:38 Lip:39 Prot:44	21 Green beans with potatoes Breaded pork filet Fruit Kcal:546 HC:57 Lip:21 Prot:28	22 Pinto beans with vegetables Cooked ham omelette with salad Dairy Kcal:648 HC:66 Lip:27 Prot:28	23 Pumpkin cream Dab in green sauce Fruit Kcal:446 HC:58 Lip:9 Prot:27
26 White rice with tomato sauce Eggs with sausages Fruit Kcal:741 HC:86 Lip:33 Prot:21	27 Mixted vegetables Beef stew with potatoes given Fruit Kcal:514 HC:63 Lip:13 Prot:31	28 Lentils with vegetables Hake in tomato sauce Fruit Kcal:529 HC:69 Lip:14 Prot:28	29 Zucchini cream Saxony fillet in batter Dairy Kcal:565 HC:62 Lip:22 Prot:30	30 White beans with leeks Salmon in orange sauce Fruit Kcal:601 HC:71 Lip:17 Prot:33

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Noviembre

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2	3 Lentejas estofadas Lomo adobado con pimientos Lacteo Kcal:568 HC:68 Lip:17 Prot:36	4 Crema de zanahoria Pechuga de pollo a la naranja Fruta Kcal:504 HC:64 Lip:14 Prot:26	5 Garbanzos con berza Tortilla de patata Ensalada Fruta Kcal:566 HC:74 Lip:18 Prot:21	6 Patatas a la riojana Merluza en salsa verde Lacteo Kcal:593 HC:70 Lip:18 Prot:34
9 Judías verdes salteadas Tortilla de atún Ensalada de lechuga Fruta Kcal:559 HC:54 Lip:27 Prot:20	10 Arroz blanco con tomate Bacalao a la gallega Fruta Kcal:638 HC:85 Lip:19 Prot:30	11 Garbanzos estofados Panceta, morcilla y chorizo Fruta Kcal:817 HC:68 Lip:44 Prot:31	12 Patatas guisadas Merluza en salsa de tomate Lacteo Kcal:492 HC:963 Lip:16 Prot:22	13 Alubias pintas estofadas Pollo asado al limón Pera Kcal:627 HC:67 Lip:19 Prot:38
16 Sopa de pollo Albóndigas mixtas a la campesina Lacteo Kcal:755 HC:65 Lip:38 Prot:36	17 Lentejas estofadas Filete empanado con pimientos Fruta Kcal:613 HC:70 Lip:19 Prot:35	18 Macarrones a la boloñesa Limanda rebozada con mahonesa Fruta Kcal:661 HC:69 Lip:24 Prot:36	19 Menestra de verduras Tortilla de chorizo ensalada Lacteo Kcal:585 HC:73 Lip:20 Prot:24	20 Garbanzos con calabaza Merluza en salsa roja Fruta Kcal:535 HC:69 Lip:15 Prot:26
23 Arroz con verduras Huevos en salsa verde Fruta Kcal:646 HC:83 Lip:24 Prot:21	24 Alubias blancas con puerro Bacalao con salsa de tomate Fruta Kcal:559 HC:68 Lip:12 Prot:35	25 Crema de calabacín Pechuga de pollo a la naranja Patatas chips Lacteo Kcal:650 HC:78 Lip:22 Prot:33	26 Patatas guisadas Estofado de ternera con verduras Fruta Kcal:556 HC:66 Lip:16 Prot:32	27 Lentejas con chorizo Fogonero en salsa marinera Fruta Kcal:577 HC:70 Lip:14 Prot:37
30 Judías verdes con patatas Lomo sajonia con pimientos Fruta Kcal:474 HC:55 Lip:16 Prot:25				

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November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Lentils with vegetables Tenderloin marinated with peppers Dairy Kcal:586 HC:68 Lip:17 Prot:36	4 Carrot cream Chicken breast in orange sauce Fruit Kcal:504 HC:64 Lip:14 Prot:26	5 Chickpeas and cabbage Spanish omelette with salad Fruit Kcal:566 HC:74 Lip:18 Prot:21	6 Rioja style potatoes Hake filette in green sauce Dairy Kcal:593 HC:70 Lip:18 Prot:34
9 Green beans with potatoes Tuna omelette with salad Fruit Kcal:559 HC:54 Lip:27 Prot:20	10 White rice with tomato sauce Cod Galician-style Fruit Kcal:638 HC:85 Lip:19 Prot:30	11 Chickpeas with vegetables Bacon,blood sausage and chorizo Fruit Kcal:817 HC:68 Lip:44 Prot:31	12 Stewed potatoes Hake in tomato sauce Dairy Kcal:492 HC:63 Lip:16 Prot:22	13 Pinto beans with vegetables Roast chicken lemon Pear Kcal:627 HC:67 Lip:19 Prot:38
16 Chicken soup Mixed meatballs in vegetable sauce Dairy Kcal:755 HC:65 Lip:38 Prot:36	17 Lentils with vegetables Loin of pork in batter with peppers Fruit Kcal:613 HC:70 Lip:19 Prot:35	18 Macaroni in bolognese sauce Filet battered with mayonnaise Fruit Kcal:777 HC:90 Lip:32 Prot:38	19 Mixed vegetables Red sausage omelette with salad Dairy Kcal:585 HC:73 Lip:20 Prot:24	20 Chickpeas with pumpkin Hake in red sauce Fruit Kcal:535 HC:69 Lip:15 Prot:26
23 Rice with vegetables Eggs in green sauce Fruit Kcal:646 HC:83 Lip:24 Prot:21	24 White beans with leeks Cod in tomato sauce Fruit Kcal:559 HC:68 Lip:12 Prot:35	25 Zucchini cream Chicken breast in orange sauce Chips Dairy Kcal:650 HC:78 Lip:22 Prot:33	26 Stewed potatoes Stewed beef with vegetables Fruit Kcal:556 HC:66 Lip:16 Prot:32	27 Lentils with chorizo Shaithe in seafood style Fruit Kcal:577 HC:70 Lip:14 Prot:37
30 Green beans with potatoes Baked saxony loin with peppers Fruit Kcal:474 HC:55 Lip:16 Prot:25				

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diciembre

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	1 Garbanzos estofados Pollo guisado con verduras Ensalada Lacteo Kcal:717 HC:69 Lip:28 Prot:42	2 Tallarines con tomate Merluza en salsa roja Fruta Kcal:556 HC:82 Lip:14 Prot:23	3 Alubias pintas guisadas Tortillla de patata Ensalada Fruta Kcal:558 HC:73 Lip:16 Prot:21	4 Crema de zanahoria Albóndigas de pescado en salsa marinera Fruta Kcal:608 HC:60 Lip:30 Prot:21
7	8 FESTIVO	9 Crema de calabaza Estofado de ternera con verduras Melocotón en almíbar Kcal:505 HC:59 Lip:14 Prot:31	10 Macarrones con tomate Merluza en salsa verde Lacteo Kcal:627 HC:79 Lip:18 Prot:33	11 Alubias pintas con verduras Filete empanado con pimientos Pera Kcal:611 HC:69 Lip:19 Prot:33
14 Menestra de verduras Tortilla de patata con tomate Fruta Kcal:575 HC:75 Lip:19 Prot:20	15 Garbanzos estofados Merluza en salsa meniere Lacteo Kcal:576 HC:72 Lip:16 Prot:32	16 Crema de zanahoria Albóndigas mixtas a la campesina Fruta Kcal:604 HC:60 Lip:30 Prot:21	17 Lentejas con chorizo Bacalao en salsa de tomate Fruta Kcal:564 HC:69 Lip:13 Prot:38	18 Arroz blanco con tomate Pechuga de pavo al ajillo Ensalada Lacteo Kcal:614 HC:83 Lip:18 Prot:29
21 Puré de la huerta Salchichas con tomate Lacteo Kcal:602 HC:68 Lip:25 Prot:24	22 Sopa de fideos Pechuga de pollo a naranja Patatas chips Rey de chocolate Kcal:571 HC:63 Lip:23 Prot:29			

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december

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chickpeas with vegetables Stewed chicken with vegetables Salad Dairy Kcal:717 HC:69 Lip:28 Prot:42	2 Noodles with tomato Hake filet in red sauce Fruit Kcal:556 HC:82 Lip:14 Prot:23	3 Pinto beans with vegetables Spanish omelette with salad Fruit Kcal:558 HC:73 Lip:16 Prot:21	4 Carrot cream Fish meatballs in seafood sauce Fruit Kcal:608 HC:60 Lip:30 Prot:21
7	8	9 Pumpkin cream Stewed beef with vegetables Peaches in syrup Kcal:505 HC:59 Lip:14 Prot:31	10 Macaroni in bolognese sauce Hake fillet in green sauce Dairy Kcal:627 HC:79 Lip:18 Prot:33	11 Pinto beans with vegetables Loin of pork in batter with peppers Pear Kcal:611 HC:69 Lip:19 Prot:33
14 Mixed vegetables Spanish omelette with tomato Fruit Kcal:575 HC:75 Lip:19 Prot:20	15 Chickpeas with vegetable Hake in meniere sauce Dairy Kcal:576 HC:72 Lip:16 Prot:32	16 Carrot cream Meatballs in vegetable sauce Fruit Kcal:604 HC:60 Lip:30 Prot:21	17 Lentils with chorizo Cod in tomato sauce Fruit Kcal:564 HC:69 Lip:13 Prot:38	18 White rice with tomato sauce Garlic turkey breast with salad Dairy Kcal:614 HC:83 Lip:18 Prot:29
21 Vegetable cream Saugeages with tomato Dairy Kcal:602 HC:68 Lip:25 Prot:24	22 Noodle soup Chicken breastin orange sauce Chips King of hocolate Kcal:571 HC:63 Lip:23 Prot:29			

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menú cena
dinner menu

Completa con un menú adecuado de cena

SI HEMOS COMIDO	PODEMOS CENAR
cereales, legumbres	hortalizas crudas, legumbres cocidas
verduras	cereales
carne	pescado o huevo
pescado	carne o huevo
huevo	pescado o carne magra
fruta	lacteo o fruta
lacteo	fruta

Complete with an adequate dinner menu

IF YOU HAVE EATEN	WE CAN HAVE DINNER
cereals, legumes	row vegetables, cooked legumes
vegetables	cereals
meat	fish or egg
fish	meat or egg
egg	fish or lean meat
fruit	dairy or fruit
dairy	fruit

equilibra tu plato
balances your dish

50%

Verduras, ensaladas y fruta fresca de temporada

Vegetables, salads and fresh season fruit

25%

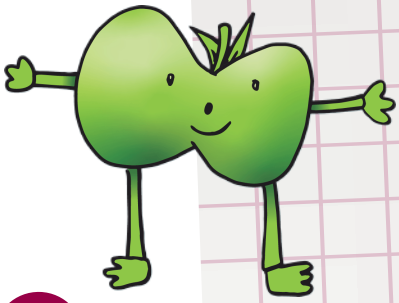
Patatas pasta y arroz

Potatoes, pasta and rice

25%

Legumbres, pescado, carne y huevos

Legumes, fish, meat and eggs



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