



noviembre november

menús 1º trimestre · curso 2018-2019 / 1st trimester menus · 2018-2019 school year



Todos nuestros platos son elaborados con aceite de oliva virgen extra.
All our dishes are prepared with extra-virgin olive oil.

05 lunes N KCal. 534 H.C. 74 Lip. 18 P. 24 • LENTEJAS CON CHIA • TORTILLA DE PATATA Y PIMIENTO AUSOLAN • GUARNICION LECHUGA Y MAIZ • FRUTA FRESCA / • PAN	06 martes KCal. 600 H.C. 62 Lip. 27 P. 32 • VERDURA EN MENESTRA • HAMBURGUESAS EN SALSA • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	07 miércoles KCal. 709 H.C. 101 Lip. 18 P. 41 • ESPAGUETIS CON TOMATE • BACALAO EN SALSA VERDE • FRUTA FRESCA • PAN	08 jueves KCal. 735 H.C. 77 Lip. 30 P. 45 • ALUBIA BLANCA A LA BILBAINA • POLLO EN SALSA DE MOSTAZA SUAVE • FRUTA FRESCA / • PAN	09 viernes KCal. 626 H.C. 59 Lip. 31 P. 32 • BORRAJA CON REFRITO • FILETE DE TERNERA EN SALSA CAZADORA • YOGUR / • PAN
12 lunes KCal. 640 H.C. 67 Lip. 35 P. 16 • JUDIA VERDE CON PATATAS • SAN MARINO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	13 martes KCal. 714 H.C. 75 Lip. 33 P. 35 • GARBANZOS CON ZANAHORIA Y REFRITO DE AJO • POLLO AL AJILLO / • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	14 miércoles N KCal. 547 H.C. 81 Lip. 15 P. 25 • MACARRONES FRESCOS CON TOMATE • FILETE DE MERLUZA EN SALSA DE CHIPIRONES • YOGUR / • PAN	15 jueves KCal. 623 H.C. 66 Lip. 25 P. 36 • CREMA DE ZANAHORIA • GUISADO DE TERNERA • FRUTA FRESCA • PAN	16 viernes KCal. 691 H.C. 59 Lip. 38 P. 32 • CREMA DE VERDURAS • ESCALOPE DE CERDO • GUARNICION LECHUGA • YOGUR / • PAN
19 lunes Eko KCal. 643 H.C. 54 Lip. 36 P. 28 • SOPA DE COCIDO CON FIDEOS ECOLÓGICOS • ALBONDIGAS CON TOMATE • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	20 martes Heart KCal. 600 H.C. 90 Lip. 18 P. 24 • ENSALADA CON PATATA Y ATUN • LENTEJAS PARDINAS • FRUTA FRESCA • PAN	21 miércoles KCal. 744 H.C. 108 Lip. 32 P. 34 • ARROZ CON TOMATE • FILETE DE LIMANDA REBOZADA • GUARNICION LIMON • FRUTA FRESCA / • PAN	22 jueves KCal. 714 H.C. 72 Lip. 35 P. 36 • BORRAJA CON PATATAS • FILETE POLLO EN SALSA CON ZANAHORIA Y JAMON SERRANO • BIZCOCHO DE CHOCOLATE / • PAN	23 viernes KCal. 596 H.C. 65 Lip. 27 P. 28 • CREMA DE LEGUMBRE • CABEZADA EN SALSA DE CIRUELAS • LECHUGA Y MAIZ CENTRO DE MESA • FRUTA FRESCA / • PAN
26 lunes KCal. 743 H.C. 71 Lip. 43 P. 20 • PURE DE VERDURAS CON PICATOSTES • TORTILLA DE PATATA Y CALABACIN AUSOLAN • GUARNICION LECHUGA • YOGUR / • PAN	27 martes KCal. 655 H.C. 102 Lip. 19 P. 25 • CODITOS CON TOMATE • FILETE MERLUZA AL HORNO ESTILO ORIO • FRUTA FRESCA / • PAN	28 miércoles KCal. 600 H.C. 60 Lip. 29 P. 28 • ACELGA ESTOFADA • MUSLO DE POLLO AL CHILINDRON • LECHUGA Y ZANAHORIA CENTRO DE MESA • FRUTA FRESCA / • PAN	29 jueves KCal. 717 H.C. 104 Lip. 25 P. 26 • ALUBIA PINTA • CROQUETAS DE BACALAO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	30 viernes KCal. 651 H.C. 77 Lip. 23 P. 29 • PATATAS VIUDAS • LOMO FRESCO EN SALSA DE VERDURAS • FRUTA FRESCA / • PAN



Menú navidad
Christmas menu



Ecológico
Ecological



Menú cardiosaludable
Heart-healthy menu



Plato nuevo
New dish

05 monday KCal. 534 H.C. 74 Lip. 18 P. 24 • LENTILS WITH CHIA • AUSOLAN SPANISH OMELETTE WITH PEPPER / • LETTUCE AND CORN • FRESH FRUIT / • BREAD	06 tuesday KCal. 600 H.C. 62 Lip. 27 P. 32 • STEW VEGETABLES • HAMBURGER IN SAUCE • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	07 wednesday KCal. 709 H.C. 101 Lip. 18 P. 41 • SPAGHETTI WITH TOMATO • COD IN GREEN SAUCE • FRESH FRUIT • BREAD	08 thursday KCal. 735 H.C. 77 Lip. 30 P. 45 • WHITE BEANS BILBAINA STYLE • CHICKEN IN A MILD MUSTARD SAUCE • FRESH FRUIT / • BREAD	09 friday KCal. 626 H.C. 59 Lip. 31 P. 32 • BORRAGE WITH SAUTÉE • VEAL STEAK IN HUNTER SAUCE • YOGHURT • BREAD
12 monday KCal. 640 H.C. 67 Lip. 35 P. 16 • GREEN BEANS WITH POTATOES • HAKE WITH HAM AND CHEESE • LETTUCE • FRESH FRUIT / • BREAD	13 tuesday KCal. 714 H.C. 75 Lip. 33 P. 35 • CHICKPEAS WITH CARROT AND SAUTÉED GARLIC • GARLIC FRIED CHICKEN / • LETTUCE • FRESH FRUIT / • BREAD	14 wednesday N KCal. 547 H.C. 81 Lip. 15 P. 25 • FRESH MACARONI WITH TOMATO • HAKE FILLET IN SQUID SAUCE • YOGHURT • BREAD	15 thursday KCal. 623 H.C. 66 Lip. 25 P. 36 • CARROT CREAM SOUP • VEAL STEW • FRESH FRUIT • BREAD	16 friday KCal. 691 H.C. 59 Lip. 38 P. 32 • VEGETABLE CREAM SOUP • PORK ESCALOPE • LETTUCE • YOGHURT / • BREAD
19 monday Eko KCal. 643 H.C. 54 Lip. 36 P. 28 • STEW SOUP WITH ECOLOGICAL NOODLES • MEATBALLS WITH TOMATO SAUCE • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	20 tuesday Heart KCal. 600 H.C. 90 Lip. 18 P. 24 • POTATO AND TUNA SALAD • PARDINA LENTIL SOUP • FRESH FRUIT • BREAD	21 wednesday KCal. 744 H.C. 108 Lip. 32 P. 34 • RICE WITH TOMATO SOUCE • BATTER-COATED DAB FILLET • LEMON • FRESH FRUIT / • BREAD	22 thursday KCal. 714 H.C. 72 Lip. 35 P. 36 • BORRAGE WITH POTATOES • CHICKEN FILLET IN CARROT AND SERRANO HAM SAUCE • CHOCOLATE CAKE / • BREAD	23 friday KCal. 596 H.C. 65 Lip. 27 P. 28 • PULSE CREAM SOUP • PORK LOIN IN PLUM SAUCE • LETTUCE AND CORN CENTERPIECE • FRESH FRUIT / • BREAD
26 monday KCal. 743 H.C. 71 Lip. 43 P. 20 • VEGETABLE PURÉE WITH FRIED BREAD • AUSOLAN POTATO AND ZUCCHINI OMELETTE / • LETTUCE • YOGHURT / • BREAD	27 tuesday KCal. 655 H.C. 102 Lip. 19 P. 25 • ELBOW PASTA WITH TOMATO • HAKE FILLET ORIO STYLE • FRESH FRUIT • BREAD	28 wednesday KCal. 600 H.C. 60 Lip. 29 P. 28 • STEWED SWIS CHARD • CHICKEN LEG CHILINDRON STYLE • LETTUCE AND CARRON CENTERPIECE • FRESH FRUIT / • BREAD	29 thursday KCal. 717 H.C. 104 Lip. 25 P. 26 • PINTA BEANS • COD CROQUETTES • LETTUCE • FRESH FRUIT / • BREAD	30 friday KCal. 651 H.C. 77 Lip. 23 P. 29 • POTATOES BY THEMSELVES • FRESH PORK LOIN IN VEGETABLE SAUCE • FRESH FRUIT / • BREAD

These menus have been revised and approved by professionals trained in Human Nutrition and Dietetics. The nutritional values expressed correspond to the portions served to children aged 7 to 12. In the dining-room, quantities are served depending on whether the children are younger or older, which therefore modifies the calibration of each age group, adapting to their needs. The menu includes water and bread.