



# febrero february

menús 2º trimestre · curso 2018-2019 / 2nd 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.

04	lunes	Eko	05	martes	N	06	miércoles	07	jueves	08	viernes
KCal. 808 H.C. 82 Lip. 46 P. 20	• BORRAJA ECOLOGICA CON PATATAS		KCal. 683 H.C. 73 Lip. 27 P. 41	• ALUBIA BLANCA POCHA		KCal. 522 H.C. 61 Lip. 21 P. 26	• CREMA DE CARDO	KCal. 697 H.C. 105 Lip. 20 P. 29	• ARROZ CON TOMATE	KCal. 546 H.C. 54 Lip. 21 P. 36	• SOPA DE COCIDO
• CROQUETAS DE JAMON			• FILETE DE ATUN DE BERMEO ASADO CON PATATICAS / • LECHUGA CENTRO MESA		• ESCALOPIN DE CERDO A LA NARANJA		• FRUTA FRESCA / • PAN	• MUSLO DE POLLO ASADO CON CHAMPIÑONES		• GUARNICION LECHUGA	• YOGUR / • PAN
• YOGUR / • PAN			• FRUTA FRESCA / • PAN		• FRUTA FRESCA / • PAN			• FRUTA FRESCA / • PAN		• YOGUR / • PAN	
11	lunes		12	martes		13	miércoles	14	jueves	15	viernes
KCal. 563 H.C. 50 Lip. 30 P. 27	• JUDIA VERDE CON PATATAS		KCal. 671 H.C. 75 Lip. 27 P. 35	• LENTEJAS A LA HORTELANA		KCal. 530 H.C. 86 Lip. 16 P. 15	• CREMA DE VERDURAS	KCal. 638 H.C. 84 Lip. 22 P. 32	• PATATAS A LA MARINERA	KCal. 672 H.C. 78 Lip. 33 P. 41	• GARBANZOS VIUDOS
• ALBONDIGAS EN SALSA			• ABADEJO AL HORNO CON VERDURITAS		• ESPIRALES FRESCOS CON TOMATE		• LECHUGA CENTRO DE MESA	• LOMO FRESCO CON TOMATE		• FILETE DE LIMANDA REBOZADA	• GUARNICION LECHUGA
• FRUTA FRESCA			• BIZCOCHO DE MERMELADA / • PAN		• FRUTA FRESCA / • PAN		• FRUTA FRESCA / • PAN	• FRUTA FRESCA		• FRUTA FRESCA / • PAN	• FRUTA FRESCA / • PAN
• PAN								• PAN			
18	lunes		19	martes		20	miércoles	21	jueves	22	viernes
KCal. 522 H.C. 53 Lip. 22 P. 31	• SOPA DE PESCADO		KCal. 627 H.C. 61 Lip. 28 P. 36	• ACELGA ESTOFADA		KCal. 596 H.C. 98 Lip. 14 P. 26	• CODITOS CON TOMATE	KCal. 577 H.C. 81 Lip. 18 P. 26	• ALUBIA PINTA	KCal. 563 H.C. 66 Lip. 27 P. 16	• CREMA DE CALABAZA
• LOMO ADOBADO CON PISTO			• POLLO EN SALSA DE MOSTAZA SUAVE		• FILETE MERLUZA EN SALSA VERDE		• FRUTA FRESCA	• TORTILLA DE PATATA Y PIMIENTO AUSOLAN		• SAN MARINO / • GUARNICION LECHUGA	• FRUTA FRESCA
• LECHUGA CENTRO DE MESA			• FRUTA FRESCA / • PAN		• FRUTA FRESCA		• PAN	• GUARNICION LECHUGA		• FRUTA FRESCA	• PAN
• YOGUR / • PAN								• FRUTA FRESCA / • PAN			
25	lunes		26	martes		27	miércoles	28	jueves		
KCal. 599 H.C. 79 Lip. 17 P. 36	• LENTEJAS CON CHIA		KCal. 719 H.C. 102 Lip. 24 P. 30	• ARROZ A LA CUBANA		KCal. 502 H.C. 59 Lip. 18 P. 31	• JUDIA VERDE CASERA	KCal. 651 H.C. 76 Lip. 23 P. 39	• ALUBIA BLANCA A LA BILBAINA		
• BACALAO AL AJOARRIERO			• MUSLO DE POLLO ASADO		• FILETE RUSO CON CHAMPIÑONES		• LECHUGA CENTRO DE MESA	• ABADEJO REBOZADO			
• FRUTA FRESCA			• GUARNICION LECHUGA		• LECHUGA CENTRO DE MESA		• FRUTA FRESCA / • PAN	• GUARNICION LECHUGA			
• PAN			• FRUTA FRESCA / • PAN		• FRUTA FRESCA / • PAN			• YOGUR / • PAN			



## 01 friday

- KCal. 546 H.C. 67 Lip. 24 P. 18
- VEGETABLE PURÉE
- AUSOLAN SPANISH POTATO OMELETTE / • LETTUCE
- YOGHURT / • BREAD



Menú cardiosaludable  
Heart-healthy menu



Ecológico  
Ecological



Plato nuevo  
New dish

04	monday	Eko	05	tuesday	N	06	wednesday	07	thursday	08	friday
KCal. 808 H.C. 82 Lip. 46 P. 20	• ORGANIC BORAGE WITH POTATOES		KCal. 683 H.C. 73 Lip. 27 P. 41	• POCHA WHITE BEANS		KCal. 522 H.C. 61 Lip. 21 P. 26	• THISTLE CREAM SOUP	KCal. 697 H.C. 105 Lip. 20 P. 29	• RICE WITH TOMATO SOUCE	KCal. 546 H.C. 54 Lip. 21 P. 36	• STEW SOUP
• HAM CROQUETTES / • LETTUCE			• ROASTED TUNA STEAK WITH POTATOES		• FRESH FRUIT		• PORK STEAK IN ORANGE SAUCE	• ROAST CHICKEN LEG WITH MUSHROOMS		• VEAL STEW	• LETTUCE CENTERPIECE
• YOGHURT / • BREAD			• LETTUCE CENTERPIECE		• BREAD		• FRESH FRUIT	• FRESH FRUIT / • BREAD		• LETTUCE CENTERPIECE	• FRESH FRUIT / • BREAD
			• FRESH FRUIT / • BREAD							• FRESH FRUIT / • BREAD	
11	monday		12	tuesday		13	wednesday	14	thursday	15	friday
KCal. 563 H.C. 50 Lip. 30 P. 27	• GREEN BEANS WITH POTATOES		KCal. 671 H.C. 75 Lip. 27 P. 35	• LENTILS GARDENER STYLE		KCal. 530 H.C. 86 Lip. 16 P. 15	• VEGETABLE CREAM SOUP	KCal. 638 H.C. 84 Lip. 22 P. 32	• POTATOES SAILOR STYLE	KCal. 672 H.C. 78 Lip. 33 P. 41	• CHICKPEAS BY THEMSELVES
• MEATBALLS IN SAUCE			• OVEN-BAKED CODFISH WITH VEGETABLES		• FRESH SPIRAL PASTA WITH TOMATO		• LETTUCE CENTERPIECE	• FRESH PORK LOIN WITH TOMATO SAUCE		• BATTER-COATED DAB FILLET	• LETTUCE
• FRESH FRUIT			• LETTUCE CENTERPIECE		• FRESH FRUIT / • BREAD		• FRESH FRUIT / • BREAD	• FRESH FRUIT / • BREAD		• FRESH FRUIT / • BREAD	• FRESH FRUIT / • BREAD
• BREAD			• JAM CAKE / • BREAD								
18	monday		19	tuesday		20	wednesday	21	thursday	22	friday
KCal. 522 H.C. 53 Lip. 22 P. 31	• FISH SOUP		KCal. 627 H.C. 61 Lip. 28 P. 36	• STEWED SWIS CHARD		KCal. 596 H.C. 98 Lip. 14 P. 26	• ELBOW PASTA WITH TOMATO	KCal. 577 H.C. 81 Lip. 18 P. 26	• PINTA BEANS	KCal. 563 H.C. 66 Lip. 27 P. 16	• PUMPKIN CREAM SOUP
• MARINATED PORK LOIN WITH RATATOUILLE			• CHICKEN IN A MILD MUSTARD SAUCE		• HAKE FILLET IN GREEN SAUCE		• FRESH FRUIT	• AUSOLAN SPANISH OMELETTE WITH PEPPER / • LETTUCE		• HAKE WITH HAM AND CHEESE	• LETTUCE
• LETTUCE CENTERPIECE			• FRESH FRUIT / • BREAD		• BREAD		• BREAD	• FRESH FRUIT / • BREAD		• LETTUCE	• FRESH FRUIT / • BREAD
• YOGHURT / • BREAD											
25	monday		26	tuesday		27	wednesday	28	thursday		
KCal. 599 H.C. 79 Lip. 17 P. 36	• LENTILS WITH CHIA		KCal. 719 H.C. 102 Lip. 24 P. 30	• CUBAN RICE		KCal. 502 H.C. 59 Lip. 18 P. 31	• HOMEMADE GREEN BEANS	KCal. 651 H.C. 76 Lip. 23 P. 39	• WHITE BEANS BILBAINA STYLE		
• AJOARRIERO COD			• ROAST CHICKEN LEG		• RUSSIAN STEAK WITH MUSHROOMS		• LETTUCE CENTERPIECE	• BATTER-COATED CODFISH FILLET			
• FRESH FRUIT			• LETTUCE		• LETTUCE CENTERPIECE		• FRESH FRUIT / • BREAD	• LETTUCE			
• BREAD			• FRESH FRUIT / • BREAD		• FRESH FRUIT / • BREAD			• YOGHURT / • 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.