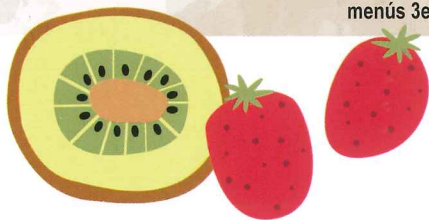


mayo may

menús 3er trimestre · curso 2018-2019 / 3rd trimester menus · 2018-2019 school year




06 lunes KCal. 586 H.C. 54 Lip. 30 P. 28 • BORRAJA CON REFRITO • ALBONDIGAS EN FRITADA • FRUTA FRESCA • PAN	07 martes KCal. 670 H.C. 75 Lip. 33 P. 44 • ALUBIA BLANCA A LA BILBAINA • FILETE DE LIMANDA REBOZADA • GUARNICION LECHUGA • YOGUR / • PAN	08 miércoles (N) KCal. 700 H.C. 106 Lip. 21 P. 28 • ARROZ CON TOMATE • MUSLO DE POLLO ASADO A LAS HIERBAS / • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	09 jueves (Eko) KCal. 588 H.C. 62 Lip. 23 P. 36 • CREMA DE PUERROS • GUISADO DE TERNERA ECOLOGICA DE LUMBIER • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	10 viernes (N) KCal. 331 H.C. 43 Lip. 10 P. 20 • LENTEJAS CON BONIATO • ABADAJE AL HORNO CON VERDURITAS • FRUTA FRESCA / • PAN
13 lunes KCal. 516 H.C. 68 Lip. 21 P. 18 • CREMA DE ESPINACAS CON QUESO RALLADO • TORTILLA DE PATATA Y CALABACIN AUSOLAN • GUARNICION LECHUGA Y MAIZ • FRUTA FRESCA / • PAN	14 martes KCal. 696 H.C. 99 Lip. 25 P. 25 • GARBANZOS VIUDOS • CROQUETAS DE BACALAO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	15 miércoles KCal. 548 H.C. 57 Lip. 21 P. 37 • GUISANTES CON PATATAS • FILETE DE POLLO EN SALSAS • PIÑA EN SU JUGO • PAN	16 jueves KCal. 626 H.C. 57 Lip. 31 P. 33 • SOPA DE PESCADO • ESCALOPIN DE CERDO A LA NARANJA • LECHUGA CENTRO DE MESA • YOGUR / • PAN	17 viernes KCal. 678 H.C. 95 Lip. 23 P. 29 • MACARRONES INTEGRALES CON TOMATE • FILETE DE MERLUZA REBOZADA • GUARNICION LIMON • FRUTA FRESCA / • PAN
20 lunes KCal. 655 H.C. 74 Lip. 28 P. 30 • PATATAS A LA MARINERA • HAMBURGUESAS EN SALSAS • FRUTA FRESCA • PAN	21 martes KCal. 720 H.C. 88 Lip. 30 P. 28 • ALUBIA PINTA • SAN MARINO • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	22 miércoles KCal. 550 H.C. 39 Lip. 33 P. 25 • ENSALADA VARIADA • LOMO FRESCO EN SALSAS DE PIMIENTO ASADO • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN	23 jueves KCal. 629 H.C. 74 Lip. 30 P. 40 • LENTEJAS A LA HORTELANA • FILETE DE LIMANDA REBOZADA • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	24 viernes (Eko) KCal. 540 H.C. 95 Lip. 12 P. 18 • CREMA DE VERDURAS • ESPIRALES FRESCOS CON TOMATE • YOGUR / • PAN
27 lunes KCal. 475 H.C. 56 Lip. 18 P. 26 • JUDIA VERDE CON PATATAS • LOMO ADOBADO CON PISTO • LECHUGA Y MAIZ CENTRO DE MESA • FRUTA FRESCA / • PAN	28 martes  MENÚ ESPECIAL COMIDA CAMPESTRE	29 miércoles KCal. 732 H.C. 74 Lip. 31 P. 45 • GARBANZOS CON ZANAHORIA Y REFRITO DE AJO • POLLO EN SALSAS DE MOSTAZA SUAVE • FRUTA FRESCA / • PAN	30 jueves KCal. 512 H.C. 66 Lip. 22 P. 15 • CREMA DE CALABAZA Y MANZANA • TORTILLA DE PATATA AUSOLAN • GUARNICION LECHUGA • FRUTA FRESCA / • PAN	31 viernes (N) KCal. 662 H.C. 104 Lip. 20 P. 24 • ARROZ CON JUDIA VERDE, PIMIENTO Y CHAMPIÑON • FILETE DE MERLUZA EN SALSAS CON MEJORANA • LECHUGA CENTRO DE MESA • FRUTA FRESCA / • PAN

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

06 monday KCal. 586 H.C. 54 Lip. 30 P. 28 • BORRAGE WITH SAUTÉE • FRY MEATBALLS • FRESH FRUIT • BREAD	07 tuesday KCal. 670 H.C. 75 Lip. 33 P. 44 • WHITE BEANS BILBAINA STYLE • BATTER-COATED DAB FILLET • LETTUCE • YOGHURT / • BREAD	08 wednesday (N) KCal. 700 H.C. 106 Lip. 21 P. 28 • RICE WITH TOMATO SAUCE • ROAST CHICKEN LEG WITH HERBS • LETTUCE • FRESH FRUIT / • BREAD	09 thursday (Eko) KCal. 588 H.C. 62 Lip. 23 P. 36 • LEEK CREAM SOUP • ORGANIC VEAL STEW OF LUMBIER • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	10 friday (N) KCal. 331 H.C. 43 Lip. 10 P. 20 • LENTILS WITH SWEET POTATOE • OVEN-BAKED CODFISH WITH VEGETABLES • FRESH FRUIT / • BREAD
13 monday KCal. 516 H.C. 68 Lip. 21 P. 18 • SPINACH CREAM SOUP WITH SHREDDED CHEESE • AUSOLAN POTATO AND ZUCCHINI OMELETTE • LETTUCE AND CORN • FRESH FRUIT / • BREAD	14 tuesday KCal. 696 H.C. 99 Lip. 25 P. 25 • CHICKPEAS BY THEMSELVES • COD CROQUETTES • LETTUCE • FRESH FRUIT / • BREAD	15 wednesday KCal. 548 H.C. 57 Lip. 21 P. 37 • PEAS WITH POTATOES • CHICKEN FILLET IN SAUCE • PINEAPPLE IN ITS OWN JUICE • BREAD	16 thursday KCal. 626 H.C. 57 Lip. 31 P. 33 • FISH SOUP • PORK STEAK IN ORANGE SAUCE • LETTUCE CENTERPIECE • YOGHURT / • BREAD	17 friday KCal. 678 H.C. 95 Lip. 23 P. 29 • WHOLE GRAIN MACARONI WITH TOMATO SAUCE • BATTER-COATED HAKE FILLET / • LEMON • FRESH FRUIT / • BREAD
20 monday KCal. 655 H.C. 74 Lip. 28 P. 30 • POTATOES SAILOR STYLE • HAMBURGER IN SAUCE • FRESH FRUIT • BREAD	21 tuesday KCal. 720 H.C. 88 Lip. 30 P. 28 • PINTA BEANS • HAKE WITH HAM AND CHEESE • LETTUCE • FRESH FRUIT / • BREAD	22 wednesday KCal. 550 H.C. 39 Lip. 33 P. 25 • MIXED SALAD • FRESH PORK LOIN IN ROASTED PEPPER SAUCE • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD	23 thursday KCal. 629 H.C. 74 Lip. 30 P. 40 • LENTILS GARDENER STYLE • BATTER-COATED DAB FILLET • LETTUCE • FRESH FRUIT / • BREAD	24 friday (Eko) KCal. 540 H.C. 95 Lip. 12 P. 18 • VEGETABLE CREAM SOUP • FRESH SPIRAL PASTA WITH TOMATO • YOGHURT / • BREAD
27 monday KCal. 475 H.C. 56 Lip. 18 P. 26 • GREEN BEANS WITH POTATOES • MARINATED PORK LOIN WITH RATATOUILLE • LETTUCE AND CORN CENTERPIECE • FRESH FRUIT / • BREAD	28 tuesday  COUNTRY MEAL SPECIAL MENU	29 wednesday KCal. 732 H.C. 74 Lip. 31 P. 45 • CHICKPEAS WITH CARROT AND SAUTÉED GARLIC • CHICKEN IN A MILD MUSTARD SAUCE • FRESH FRUIT / • BREAD	30 thursday KCal. 512 H.C. 66 Lip. 22 P. 15 • PUMPKIN AND APPLE CREAM SOUP • AUSOLAN SPANISH POTATO OMELETTE / • LETTUCE • FRESH FRUIT / • BREAD	31 friday (N) KCal. 662 H.C. 104 Lip. 20 P. 24 • RICE WITH GREEN BEANS, PEPPER AND MUSHROOM • HAKE FILLET IN SAUCE WITH MARJORAM • LETTUCE CENTERPIECE • FRESH FRUIT / • BREAD


DIA DE EXALTACIÓN DE LAS VERDURAS




DAY OF THE EXALTATION OF THE VEGETABLES

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.