

Mayo May

menús 3º trimestre · curso 2016-2017
3rd trimester menus · 2016-2017 school year



Lunes Monday

Martes Tuesday

Miércoles Wednesday

Jueves Thursday

Viernes Friday

01

FIESTA

NOT SCHOOL

02 Kcal.769 Hc.93 Lip.26 Prot.43

- Puré de verduras
- Ternera guisada con verduras y patatas
- Fruta

- Creamed vegetables
- Stewed beef with vegetables and potatoes
- Fruit

03 Kcal.869 Hc.133 Lip.33 Prot.17

- Arroz con tomate
- Delicias de pescado con ensalada
- Fruta

- White rice with tomato sauce
- Fish nuggets with salad
- Fruit

04 Kcal.697 Hc.82 Lip.27 Prot.32

- Sopa de fideos
- Albóndigas a la jardinera
- Yogur

- Chickpea broth
- Meatballs with vegetables
- Yoghurt

05 Kcal.742 Hc.96 Lip.20 Prot.48

- Fabada asturiana
- Pechuga de pollo con champiñones
- Fruta

- Fabada bean stew
- Chicken breast with mushrooms
- Fruit

08 Kcal.656 Hc.87 Lip.20 Prot.36

- Crema de calabaza
- Ragout de cerdo con verduras y patatas
- Fruta

- Creamed pumpkin
- Pork ragout with vegetables and potatoes
- Fruit

09 Kcal.676 Hc.109 Lip.14 Prot.33

- Caracolillos napolitana
- Merluza en salsa verde con verduritas
- Fruta

- Macaroni napolitana
- Hake in green sauce with vegetables
- Fruit

10 Kcal.716 Hc.108 Lip.20 Prot.30

- Lentejas con chorizo
- Tortilla de calabacín con ensalada
- Fruta

- Lentil whit sausage
- Zucchini omelette with salad
- Fruit

11 Kcal.748 Hc.76 Lip.31 Prot.42

- Ensalada campera
- Pollo asado con champiñones
- Yogur

- Potato salad
- Gilled chicken with mushrooms
- Yoghurt

12 Kcal.620 Hc.98 Lip.12 Prot.33

- Negritos con arroz
- Merluza al horno con verduritas
- Fruta

- Black bean stew with rice
- Fillet of sole with vegetables
- Fruit

15 Kcal.639 Hc.75 Lip.24 Prot.34

- Sopa de lluvia
- Lomo adobado a la plancha con pimientos y patatas
- Fruta

- Noodle soup
- Griddle marinated tenderloin with peppers and potatoes
- Fruit

16 Kcal.784 Hc.104 Lip.29 Prot.31

- Arroz alicantina
- Hamburguesa a la plancha con ensalada
- Fruta

- Alicante style rice
- Grilled hamburger with salad
- Fruit

17 Kcal.726 Hc.99 Lip.22 Prot.38

- Garbanzos estofados
- Supremas de merluza en salsa marinera
- Fruta

- Chickpea stew
- Hake in marinara sauce
- Fruit

18 Kcal.682 Hc.90 Lip.29 Prot.16

- Crema de calabacín
- Tortilla de patatas con ensalada
- Fruta

- Creamed zucchini
- Spanish omelette with salad
- Fruit

19 Kcal.600 Hc.84 Lip.10 Prot.40

- Lentejas estofadas
- Bacalao al horno con piperrada
- Yogur

- Lentils with vegetables
- Baked cod with piperrada
- Yoghurt

22 Kcal.653 Hc.92 Lip.19 Prot.33

- Marmitaco de pescado
- Lomo de sajonia con piperrada
- Fruta

- Fish & potato stew
- Pork chop with peppers
- Fruit

23 Kcal.816 Hc.91 Lip.31 Prot.46

- Ensalada de pasta
- Guisado de ternera con zanahoria
- Fruta

- Pasta salad
- Veal stew with carrot
- Fruit

24 Kcal.717 Hc.95 Lip.22 Prot.41

- Fabas estofadas
- Salmón a la naranja con verduritas
- Yogur

- Bean stew
- Salmon in orange sauce with vegetables
- Yoghurt

25 Kcal.632 Hc.87 Lip.22 Prot.23

- Menestra de verduras
- Tortilla de calabacín con mahonesa
- Fruta

- Mixed vegetables
- Zucchini omelette with mayonnaise
- Fruit

26 Kcal.678 Hc.99 Lip.18 Prot.34

- Garbanzos con espinacas
- Merluza a la gallega
- Fruta

- Chickpeas with spinach
- Hake in paprika sauce
- Fruit

29 Kcal.605 Hc.71 Lip.19 Prot.40

- Sopa maravilla
- Pollo asado con verduras y patatas
- Fruta

- Noodle soup
- Roast chicken with vegetables and potatoes
- Fruit

30 Kcal.618 Hc.90 Lip.23 Prot.15

- Crema de zanahoria
- Tortilla de patatas con tomate
- Fruta

- Creamed carrots
- Spanish omelette with tomato
- Fruit

31 Kcal.674 Hc.94 Lip.19 Prot.35

- Fabas pintas con chorizo
- Filete de merluza con pisto
- Fruta

- Pinto bean stew with sausage
- Hake with tomato sauce and peppers
- Fruit

