

MAYO MAY

menús 3º trimestre · curso 2017-2018 / 3rd trimester menus · 2017-2018 school year

Lunes Monday

Martes Tuesday

Miércoles Wednesday

Jueves Thursday

Viernes Friday

01

FIESTA

NOT SCHOOL

02 Kcal.724 Hc.86 Lip.30 Prot.31

- Crema de zanahoria
- Lomo adobado a la plancha con patatas
- Fruta

- Creamed carrots
- Griddle marinated tenderloin with potatoes
- Fruit

03 Kcal.699 Hc.100 Lip.23 Prot.28

- Garbanzos estofados
- Tortilla de calabacín con ensalada
- Actimel

- Chickpea stew
- Zucchini omelette with salad
- Actimel

04 Kcal.609 Hc.83 Lip.21 Prot.26

- Patatas a la riojana
- Filete de merluza con pisto
- Fruta

- Potatoes with spicy
- Hake with tomato sauce and peppers
- Fruit

07 Kcal.675 Hc.87 Lip.23 Prot.32

- Lentejas a la hortelana
- Hamburguesa con salsa de tomate
- Fruta

- Lentils with vegetables
- Burger in tomato sauce
- Fruit

08 Kcal.612 Hc.73 Lip.20 Prot.31

- Sopa minestrone
- Pechuga de pollo en salsa de champiñón con patatas
- Fruta

- Minestrone soup
- Chicken breast with sauce and mushrooms
- Fruit

09 Kcal.647 Hc.84 Lip.20 Prot.34

- Fabada asturiana
- Merluza en salsa verde con verduras
- Yogur

- Fabada bean stew
- Hake in green sauce with vegetables
- Yoghurt

10 Kcal.673 Hc.81 Lip.31 Prot.19

- Cocido de judías verdes
- Tortilla de patatas con ensalada
- Fruta

- Green beans stew
- Spanish omelette with salad
- Fruit

11 Kcal.846 Hc.110 Lip.25 Prot.51

- Arroz montaña
- Bacalao en salsa con verduras
- Fruta

- Rice mountain
- Cod in sauce with vegetables
- Fruit

14 Kcal.722 Hc.95 Lip.18 Prot.47

- Negritos con arroz
- Ternera asturiana igp guisada a la jardinera
- Fruta

- Black bean stew with rice
- Asturian igp beef with garnition vegetables
- Fruit

15 Kcal.625 Hc.75 Lip.22 Prot.32

- Crema de calabacín
- Salmón a la naranja con patatas
- Yogur

- Creamed courgettes
- Salmon orange with potatoes
- Yoghurt

16 Kcal.662 Hc.89 Lip.23 Prot.28

- Marmitaco de pescado
- Pollo asado con verduras
- Fruta

- Fish & potato stew
- Roast chicken with vegetables
- Fruit

17 Kcal.664 Hc.88 Lip.20 Prot.37

- Lentejas a la castellana
- Suprema de merluza en salsa marinera con verduras
- Fruta

- Castellana lentil stew
- Hake in marinara sauce with vegetables
- Fruit

18 Kcal.834 Hc.121 Lip.29 Prot.25

- Caracolillos napolitana
- Tortilla de patatas con ensalada
- Fruta

- Macaroni napolitana
- Spanish omelette with salad
- Fruit

21 Kcal.778 Hc.105 Lip.25 Prot.37

- Garbanzos ecológicos con espinacas
- Albóndigas a la jardinera
- Fruta

- Ecological chickpeas with spinach
- Meatballs with vegetables
- Fruit

22 Kcal.779 Hc.105 Lip.33 Prot.19

- Repollo a la riojana
- Delicias de pescado con mahonesa
- Fruta

- Potatoes with cabbages
- Fish nuggets with mayonnaise
- Fruit

23 Kcal.811 Hc.111 Lip.28 Prot.30

- Fabas pintas estofadas
- Tortilla de chorizo con ensalada
- Yogur

- Pinto bean stew
- Chorizo omelette with salad
- Yoghurt

24 Kcal.729 Hc.126 Lip.16 Prot.25

- Arroz con tomate
- Merluza en salsa de manzana con zanahoria
- Fruta

- White with tomato sauce
- Hake in apple sauce with carrot
- Fruit

25 Kcal.650 Hc.84 Lip.21 Prot.34

- Sopa maravilla
- Pollo al ajillo con pimientos y patatinas
- Fruta

- Noodle soup
- Garlic chicken with peppers and potatoes
- Fruit

28 Kcal.683 Hc.90 Lip.20 Prot.37

- Fabas estofadas
- Jamón asado en salsa con verduras
- Yogur

- Bean stew
- Ham roast in sauce with vegetables
- Yoghurt

29 Kcal.614 Hc.87 Lip.17 Prot.31

- Puré de verduras
- Estofado de pavo con patatas
- Fruta

- Creamed vegetables
- Turkey stew with potatoes
- Fruit

30 Kcal.751 Hc.112 Lip.22 Prot.28

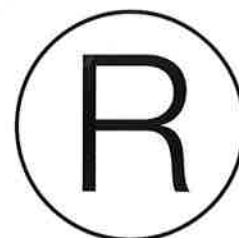
- Macarrones ecológicos con jamón cocido
- Merluza a la gallega con zanahoria
- Fruta

- Ecological macaroni with ham
- Hake in paprica sauce with carrot
- Fruit

31 Kcal.691 Hc.96 Lip.24 Prot.25

- Lentejas a la hortelana
- Tortilla de patatas con ensalada
- Fruta

- Lentils with vegetables
- Spanish omelette with salad
- Fruit



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