

## Menú Abril SSCC April Menu SSCC

<b>2</b> kcal.813 Hc. 102 Lip.28 Prot. 43	<b>3</b> Kcal. 662 Lip.14 Port.44	<b>4</b> Kcal705 Hc106 Lip.22 Prot25	<b>5</b> Kcal. 507 Hc72 Lip10 Prot36	<b>6</b> Kcal. 819 Hc.105 Lip.30 Prot. 38
<b>Macarrones con tomate</b> Macaroni with tomato	<b>Lentejas ecológicas a la hortelana</b> Lentils "hortelana"	<b>Marmitaco de pescado</b> Fish & Potatoe stew	<b>Judías verdes con patatas</b> Green beans stew	<b>Garbanzos ecológicos estofados</b> Chickpeas stew
<b>Lomo adobado con patatas fritas</b> Griddle marinated tenderloin with frech fries	<b>Palometa en salsa de tomate</b> Palomette in tomato sauce	<b>Hamburguesa casera plancha con ensalada</b> Homemade hamburger with salad	<b>Pechuga de pollo con champiñones</b> Chicken breast with mushrooms	<b>Filete de Merluza a la romana con ensalada</b> Breaded hake with salad
<b>Yogur</b> Diary	<b>Fruta</b> Fruit	<b>Yogur</b> Diary	<b>Fruta</b> Fruit	<b>Fruta</b> Fruit
<b>9</b> Kcal.746 Hc. 90 Lip.28 Prot.37	<b>10</b> Kcal.862 Hc.99 Lip.31 Prot.50	<b>11</b> Kcal. 641 Hc.84 Lip.20 Prt. 33	<b>12</b> kcal.876Hc.127Lip.32 Prot.26	<b>13</b> Kcal750 Hc105 Lip25 Prot31
<b>Crema de Zanahoria</b> Carrot cream	<b>Alubias pintas ecológicas estofadas</b> Pinto bean stew	<b>Sopa de fideos</b>	<b>Arroz alicantina</b> Alicante style rice	<b>Cocido montañés</b> Mountain stew
<b>Ragout de cerdo con Verdura y Patatas</b> Pork stew with vegetables and chips	<b>Salmón a los cítricos con verduras</b> Salmon to citrus with vegetables	<b>Pollo asado con verduras y patatas</b> Roast chicken with potatoes and vegetables	<b>Croquetas caseras con ensalada</b> Homemade Croquettes with salad	<b>Tortilla de patata casera con ensalada</b> Homemade Spanish omelette with salad
<b>Fruta</b> Fruit	<b>Yogur</b> Diary	<b>Fruta</b> Fruit	<b>Yogur</b> Diary	<b>Fruta</b> Fruit
<b>16</b> Kcal722 Hc108 Lip17 Prot39	<b>17</b> Kcal.704 Hc.116 Lip.26 Prot.24	<b>18</b> Kcal754 Hc116 Lip19 Prt36	<b>19</b> Kcal.767Hc.98Lip27Prot38	<b>20</b> Kcal.717 Hc.116 Lip.15 Prot.34
<b>Macarrones con tomate y jamón cocido</b> Macaroni with tomato sauce and ham	<b>Menestra de verduras</b> Mixed vegetables	<b>Garbanzos con espinacas</b> Chickpeas with spinach	<b>Patatas en salsa verde</b> Potatoes in green sauce	<b>Paella de verduras</b> Vegetable Paella
<b>Bacalao al horno con piperrada</b> Baked cod with piperrada	<b>San Jacobo con ensalada</b> Ham cordon bleu with salad	<b>Merluza en salsa de manzana con verduritas</b> Hake in apple sauce with vegetables	<b>Albóndigas en salsa con verduritas</b> Meatballs with vegetables	<b>Pavo guisado con verduras</b> Turkey stew with vegetables
<b>Fruta</b> Fruit	<b>Yogur</b> Diary	<b>Fruta</b> Fruit	<b>Yogur</b> Diary	<b>Yogur</b> Diary
<b>23</b> kcal.749Hc.97 Lip.32 Prot.31	<b>24</b> Kcal.670Hc.101 Lip.15Prot.36	<b>25</b> kcal759 Hc74 Lip43 Prot.25	<b>26</b> Kcal585 Hc87 Lip17 Prot.24	<b>27</b> Kcal790 Hc122 Lip24 Prot.24
<b>Puré de verduras</b> Creamed vegetables	<b>Lentejas ecológicas con verduras</b> Ecological lentils	<b>Sopa minestrone</b> Minestrone soup	<b>Alubia blancas estofadas</b> Beans stew	<b>Macarrones con atún</b> Macaroni with tuna
<b>Tortilla de patata y chorizo con ensalada</b> Chorizo omelette with salad	<b>Merluza a la gallega con zanahoria</b> Hake in paprika sauce and carrot	<b>Salchichas frescas al horno con patatas fritas</b> Fresh sausages with fried potatoes	<b>Emperador empanado con ensalada</b> Coated Emperor with salad	<b>Ternera IGP guisada con Verduritas</b> IGP beef stew with vegetables
<b>Fruta</b> Fruit	<b>Fruta</b> Fruit	<b>Fruta</b> Fuit	<b>Yogur</b> Diary	<b>Fruta</b> Fruit

30

Fiesta

Not School