

Junio 2018

Menú Alternativo Secundaria

1 kcal. 890 Hc. 125 Lip.54 Prot.20				
Ensalada de arroz Rice salad San Jacobo con salsa de tomate Ham cordon bleu with tomato sauce Fruta Fruit				
4 Kcal.860Hc.105 Lip.38 Prot.12	5 Kcal.746 Hc.93 Lip.20Prot.54	6 Kcal.793 Hc.98 Lip.15 Prot.26	7 Kcal. 711 Hc.111Lip.17 Prot.32	8 Kcal. 883 Hc.103Lip.37 Prot.38
Spaguetis carbonara Spaguetis carbonara style Tortilla de patata casera con ensalada Homemade Spanish omelette with salad Flan de vainilla Vanilla Cream Caramel	Negritos con arroz Black bean stew with rice Bacalao en salsa verde Cod in green sauce Yogur Diary	Arroz con pollo Chicken with rice Pizza Pizza Fruta Fruit	Lentejas ecológicas castellana Ecological lentils stew Hamburguesa de calamar con ensalada Squid burger with salad Fruta Fruit	Ensalada tropical Tropical salad Alitas/Pechuga de pollo al ajilo con ensalada Chicken wings with garlic with salad Yogur Diary
11 Kcal925 Hc132 Lip19 Prot29	12 Kcal.738 Hc.111 Lip.22 Prot.29	13 Kca860 Hc 98 Lp27 Prt25	14 Kcal.656Hc.94Lip.18Prot34	15 Kcal746Hc.101Lip.23Prot37
Macarrones bolognesa Macaroni bolognesa style Crepe de Bacon y Queso con croquetas caseras Cheese and bacon crep with homemade croquettes Fruta Fruit	Garbanzos ecológicos estofados Ecological chickpea stew Tortilla de patata con ensalada Potatoe omelette with salad Fruta Fruit	Lasagna de carne Meat Lasagne San Jacobo con patatas fritas San Jacobo with french fries Natilla Custard	Alubias blancas con verdura Bean stew Filete de merluza con pisto Hake with tomato sauce and peppers Fruta Fruit	Arroz tres delicias Chinese style rice Pollo asado con verduras Roast chicken with vegetables Yogur Diary
18 kcal.866Hc.102 Lip.23 Prot.21	19 Kcal. 703Hc.111 Lip.14Prot.36	20 kcal716 Hc88 Lip26 Prot.36	21 Kcal781 Hc104 Lip30 Prot.23	22 Kcal737 Hc118 Lip18 Prot.25
Arroz con tomate Rice with tomato sauce Tortilla de patata y chorizo con ensalada Potatoe and chorizo omelette with salad Yogur Diary	Lentejas ecológicas a la jardinera Ecological lentils with vegetables Merluza en salsa verde Hake in green sauce Fruta Fruit	Sopa de fideos Noodle soup Lomo adobado a la plancha con patatas Griddle marinated tenderloin with french fries Fruta Fruit	Ensaladilla rusa Russian salad Hamburguesa casera con salsa de tomate Fresh hamburger with tomatoe sauce Fruta Fruit	Macarrones con tomate Macaroni with tomato Pizza Pizza Pastelito de chocolate Chocolate cake
25 kcal0 Hc. 0 Lip.0 Prot.0	26 kcal.02Hc.0 Lip.30 Prot.0	27 Kcal.0Hc. 0 Lip.21Prot.33	28 kcal 0Hc. 0 Lip. 0 Prot.0	29 kcal 0Hc. 0 Lip. 0 Prot.0