

## Mayo 2018

### Menú Alternativo Secundaria

1		2		3		4			
Fiesta Not School		Fiesta Not School		Fiesta Not School		Fiesta Not School			
<b>7</b> Kcal.794 Hc.82 Lip.18 Prot.35		<b>8</b> Kcal.663 Hc.93 Lip.16 Prot.40		<b>9</b> Kcal.850 Hc.98 Lip.29 Prt.22		<b>10</b> kcal.759Hc.119Lip.19 Prot.34		<b>11</b> Kcal.756 Hc.101 Lip.18 Prot.51	
<b>Lasagna de carne</b> Beef meat lasagna		<b>Cocido Montañes</b> Mountain stew		<b>Ensalada de pasta con salsa rosa</b> Noodle salad with cocktail sauce		<b>Arroz montaña</b> Rice mountain		<b>Negritos con arroz</b> Black bean stew with rice	
<b>Pechuga de pollo con champiñones y patatas</b> Chicken breast with mushrooms and potatoes		<b>Merluza en salsa verde</b> Hake in green sauce with beans		<b>Tortilla casera de patata con ensalada</b> Homemade spanish omelette with salad		<b>Suprema de merluza en salsa marinera con guisantes</b> Hake sauce with peas "marinera"		<b>Ternera guisada IGP a la jardinera</b> Beef stew with vegetables Eusko label	
Fruta Fruit		Fruta Fruit		Yogur Diary		Fruta Fruit		Yogur Diary	
<b>14</b> Kcal.975 Hc.932 Lip.36 Prot.35		<b>15</b> Kcal.640 Hc.90 Lip.17 Prot.34		<b>16</b> Kcal.837 Hc.98 Lip.18 Prt.53		<b>17</b> Kcal.752Hc.110Lip.25Prot.24		<b>18</b> kcal.820 Hc.103 Lip.28 Prot.43	
<b>Canelones de atún con bechamel</b> Cannelloni with bechamel sauce		<b>Marmitaco de pescado</b> Fish & Potato stew		<b>Arroz con pollo</b> Chicken with rice		<b>Caracolillos napolitana</b> Macaroni napolitana		<b>Garbanzos ecológicos estofados</b> Ecological chickpea stew	
<b>Pizza con ensalada</b> Pizza with salad		<b>Pollo asado con verduras</b> Roast chicken with vegetables		<b>Hamburguesa de ternera con ketchup y patatas fritas</b> Beef hamburger with ketchup and french chips		<b>Tortilla de patata con ensalada</b> Spanish omelette with salad		<b>Albóndigas a la jardinera</b> Meatballs with vegetables	
Fruta Fruit		Fruta Fruit		Fruta Fruit		Fruta Fruit		Yogur Diary	
<b>21</b> kcal.701Hc.95 Lip.30 Prot.16		<b>22</b> Kcal. 777Hc.118 Lip.23Prot.29		<b>23</b> kcal.777 Hc.120 Lip.22 Prot.29		<b>24</b> Kcal.615 Hc.91 Lip.14 Prot.33		<b>25</b> kcal.815 Hc.91 Lip.33 Prot.42	
<b>Spaguetis carbonara</b> Carbonara style Spaguetis		<b>Alubias pintas con verdura</b> Pinto bean stew		<b>Arroz con tomate</b> White rice with tomato sauce		<b>Sopa maravilla</b> Noodle soup		<b>Alubias blancas con verdura</b> Beans stew	
<b>Croquetas caseras con ensalada</b> Homemade croquettes with salad		<b>Tortilla de chorizo con ensalada</b> Chorizo omelette with salad		<b>San Jacobo al horno con patatas fritas</b>		<b>Pavo estofado con patatitas</b> Turkey stew with potatoes and vegetables		<b>Escalope de ternera con ensalada</b> Beef breaded fillet with salad	
Fruta Fruit		Fruta Fruit		Yogur Diary		Fruta Fruit		Yogur Diary	
<b>28</b> kcal.750Hc.84 Lip.30 Prot.26		<b>29</b> Kcal.740Hc.109 Lip.21Prot.33		<b>30</b> kcal.757 Hc.101 Lip.21 Prot.27		<b>31</b> kcal.637 Hc.74 Lip.30 Prot.15			
<b>Arroz con Salchichas y tomate</b> Rice with turkey meat		<b>Especial" jornada gastronómica Italiana"</b>		<b>Lasagna</b> Lasagna		<b>Ensaladilla rusa</b> Russian salad			
<b>Alitas de pollo barbacoa con patatas fritas</b> Chicken wings" barbecue" with french fries		Special Italian Menu		<b>Tortilla de patatas con ensalada</b> Spanish omelette with salad		<b>Emperador empanado con patatas cubo</b> Coated emperor with square potatoes			
Yogur Diary				Fruta Fruit		Yogur Diary			