

1 Kcal.908 Hc.99 Lip.29 Prot.28	2 kcal. 171 Hc.105 Lip.22 Prot. 27	3 Kcal.990 hc.75 Lip.19 Prot.29	4 Kcal.608 Hc.95 Lip.10 Prot.39	5 Kcal. 672 Hc.85 Lip.21 Prot. 39
Macarrones carbonara Macaroni in Carbonara sauce	Alubias pintas estofadas Pinto bean stew	Canelones de Carne con queso Caneloni with cheese sauce	Lentejas ecológicas estofadas Ecological lentils with vegetables	Marmitaco de pescado Fish & Potatoe stew
Pizza Pizza	Croquetas caseras con ensalada Homemade croquettes with salad	Pollo asado al limón con patatitas Roasted chicken with lemon and potatoes	Merluza en salsa verde con guisantes Hake in green sauce with peas	Lomo fresco de cerdo con pimientos "Riojana" style pork loin with peppers
Yogur Diary	Fruta Fruit	Fruta Fruit	Fruta Fruit	Yogur Diary
8 Kcal.920 Hc.85 Lip.23 Prot 32	9 Kcal.844 Hc.126 Lip.30Prot.21	10 Kcal.994 Hc.110Lip.15 Prot.25	11 Kcal. 636 Hc.83Lip.17 Prot.41	12 Kcal.0 Hc.0Lip.0 Prot.0
Ensalada de pasta tricolor con mahonesa Noodle salad with mayonnaise	Arroz con tomate White rice with tomato sauce	Pan-pizza de york y queso	Crema de calabaza Creamed Pumpkin	Fiesta
Fajitas de pollo con patata gajo Wrapped chicken with spicy potatoes	San Jacobo casero con ensalada Homemade ham cordon Bleu with salad	Tortilla de patata casera con ensalada Homemade spanish omelette with salad	Guisado de ternera IGP Cantabria con patatas Eusko Label beef stew with vegetables	Not School
Fruta Fruit	Yogur Diary	Yogur Diary	Yogur Diary	
15 Kcal.895Hc.120 Lip15 Prot36	16 Kcal.739 Hc.102 Lip.18 Prot.47	17 Kcal975 Hc 113 Lip19 Prt48	18 Kcal.890Hc.119Lip.40Prot29	19 Kcal.615Hc.73Lip.24Prot26
Arroz con Tomate Rice with tomato sauce	Lentejas estofadas Lentils stew	Caracollillos con chorizo Macaroni with chorizo sausage	Cocido lebaniego ecológico Ecological chickpea stew	Puré de verdura de temporada Creamed vegetables
Lomo adobado de Cerdo relleno de queso con salsa de champiñón Coated pork filet with mushrooms sauce	Pavo guisado con verduras Turkey stew with vegetables	Crepe de Bacon, Queso y empanadilla y chips Crepes with chips	Croquetas caseras con ensalada Tuna small pie with salad	Filete ruso casero con patatas y ketchup Burger with potatoes and ketchup
Fruta Fruit	Yogur Diary	Yogur Diary	Fruta Fruit	Fruta Fruit
22 kcal.990Hc.115 Lip.23 Prot.40	23 Kcal. 680Hc.80 Lip.30Prot.25	24 kcal908 Hc114 Lip28 Prot.19	25 Kcal621 Hc86 Lip9 Prot.28	26 Kcal783 Hc102 Lip26 Prot.39
Arroz con pollo Rice with Chicken	Puré de zanahoria Carrot Cream	Lasagna de Carne Meat lasagna	Sopa de ave con maravilla Noodle soup	Lentejas ecológicas castellanas Ecological lentils
Sandwich vegetal con patatas fritas Sandwich with french fries	Alitas de pollo al ajillo con patatas fritas Chicken wings with garlic and french fries	Tortilla de patata casera con ensalada Homemade spanish omelette with salad	Filete de ternera empanado con salsa de champiñones Beef coated filet with mushrooms sauce	Emperador al horno con ensalada Baked emperor with salad
Yogur Diary	Fruta Fruit	Fruta Fruit	Yogur Diary	Fruta Fruit
27 kcal0 Hc. 0 Lip.0 Prot.0	28 kcal.02Hc.0 Lip.30 Prot.0	29 Kcal.0Hc. 0 Lip.21Prot.33	30 kcal0Hc. 0 Lip. 0 Prot.0	31 kcal0Hc. 0 Lip. 0 Prot.0
FIESTA	FIESTA	FIESTA	FIESTA	FIESTA
NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL