

Menú Mayo 2018 May Menu 2018

1		2		3		4	
Fiesta Not School		Fiesta Not School		Fiesta Not School		Fiesta Not School	
7 Kcal.614 Hc.82 Lip.18 Prot.35	8 Kcal.663 Hc.93 Lip.16 Prot.40	9 Kcal.690Hc.98 Lip.29 Prt.22	10 kcal.759Hc.119Lip.19 Prot.34	11 Kcal756 Hc101 Lip18 Prot51			
Sopa de Verdura Vegetable soup with noodle	Cocido Montañes Mountain stew	Puré de verduras Creamed vegetables	Arroz montaña Rice mountain	Negritos con arroz Black bean stew with rice			
Pechuga de pollo con champiñones y patatas Chicken breast with mushrooms and potatoes	Merluza en salsa verde Hake in green sauce with peans	Tortilla casera de patata con ensalada Homemade spanish omelette with salad	Suprema de merluza en salsa marinera con guisantes Hake sauce with peas "marinera"	Ternera guisada IGP a la jardinera Beef stew with vegetables Eusko label			
Fruta Fruit	Fruta Fruit	Yogur Diary	Fruta Fruit	Yogur Diary			
14 Kcal784 Hc832 Lip36 Prot35	15 Kcal.640 Hc.90 Lip.17 Prot.34	16 Kcal747 Hc 98 Lip18 Prt53	17 Kcal.752Hc.110Lip.25Prot24	18 kcal.820 Hc.103 Lip.28 Prot.43			
Puré de calabacín Zucchini Puree	Marmitaco de pescado Fish & Potato stew	Lentejas a la castellana Lentil stew	Caracolillos napolitana Macaroni napolitana	Garbanzos ecológicos estofados Ecological chickpea stew			
Salmón a la naranja con judías y patatas Salmon orange with green beans and french fries	Pollo asado con verduras Roast chicken with vegetables	Bacalao en salsa verde con verduritas Cod in green sauce with vegetables	Tortilla de patata con ensalada Spanish omelette with salad	Albóndigas a la jardinera Meatballs with vegetables			
Fruta Fruit	Fruta Fruit	Fruta Fruit	Fruta Fruit	Yogur Diary			
21 kcal.701Hc.95 Lip.30 Prot.16	22 Kcal. 777Hc.118 Lip.23Prot.29	23 kcal777 Hc120 Lip22 Prot.29	24 Kcal615 Hc91 Lip14 Prot.33	25 kcal.815 Hc.91 Lip.33 Prot.42			
Judias verdes con patatas Green beans stew	Alubias pintas con verdura Pinto bean stew	Arroz con tomate White rice with tomato sauce	Sopa maravilla Noodle soup	Alubias blancas con verdura Beans stew			
Croquetas caseras con ensalada Homemade croquettes with salad	Tortilla de patata con chorizo y ensalada Spanish omelette with Chorizo and salad	Melruza en salsa de manzana con verduritas Hake in apple sauce with vegetables	Pavo estofado con patatitas Turkey stew with potatoes and vegetables	Escalope de ternera con ensalada Beef breaded fillet with salad			
Fruta Fruit	Fruta Fruit	Yogur Diary	Fruta Fruit	Yogur Diary			
28 kcal.692Hc.81 Lip.30 Prot.26	29 Kcal.740Hc.109 Lip.21Prot.33	30 kcal693Hc101 Lip21 Prot.27	31 kcal637 Hc74 Lip30 Prot.15				
Puré de verduras Creamed vegetables	Especial" jornada gastronómica Italiana" Special Italian Menu	Lentejas ecológicas hortelana Ecological lentils "hortelana"	Ensaladilla rusa Russian salad				
Alitas de pollo/Pechuga con patatas fritas Chicken wings/breast with french fries		Tortilla de patatas con ensalada Spanish omelette with salad	Emperador empanado en salsa de pimiento Coated emperor in green pepper sauce				
Yogur Diary		Fruta Fruit	Yogur Diary				