



1 Kcal. 0 Hc 0 Lip.0 Prot.0

4 Kcal. 0 Hc.0 Lip.0 Prot. 0

5 Kcal.897Hc.123 Lip.35Prot.20

6Kcal.792 Hc.89 Lip.21 Prot.27

7Kcal640.Hc83.Lip.20 Prot.33

8 Kcal.596 Hc.88Lip.18 Prot.24

Arroz montaña
Rice mountain

Lasagna de carne
Meat lasagna

Sopa de fideos
Noodle soup

Negritos con arroz
Black beans stew with rice

Albóndigas de ternera en salsa de pimiento
Beef meatballs in pepper sauce

Tortilla de patata casera con ensalada
Homemade spanish omelette with salad

Pollo asado con verduritas
Roast chicken with vegetables

Merluza a la romana con patatas
Coated hake with french fries

Fruta
Fruit

Yogur
Diary

Fruta
Fruit

Yogur
Diary

11 Kcal. 810 Hc.122 Lip.26 Prot. 22

12 Kcal.690Hc.100 Lip.19Prot.26

13Kcal.850Hc.71 Lip.17 Prot.32

14Kcal.622Hc.88Lip.13 Prot.42

15 Kcal.708 Hc.103Lip.17Prot.39

Macarrones con atún
Macaroni with tuna

Garbanzos estofados
Chickpeas stew

Arroz con tomate casero
White rice with homemade tomato sauce

Patatas en salsa verde
Potatoes in green Sauce

Alubias con zanahoria
Beans stew with carrot

Tortilla de patata y chorizo casera con ensalada
Spanish chorizo omelette with salad

Ternera IGP Cantabria guisada a la jardinera
Beef stew with vegetables Cantabria Label

Pan-pizza de tomate, york y queso
Bread-pizza with cheese, ham and tomato

Pechuga de pollo con champiñones
Chicken breast with mushrooms

Emperador en salsa verde con guisantes
Emperor in green sauce with peas

Fruta
Fruit

Yogur
Diary

Fruta
Fruit

Actimel
Actimel

Fruta
Fruit

18Kcal784Hc85 Lip10 Prot31

19 Kcal.771 Hc112 Lip.26 Prot.28

20 Kcal850 Hc90 Lp21 Prt29

21Kcal.724Hc.98Lip.24Prot31

22Kcal768Hc78Lip.35Prot38

Sopa Maravilla
Noodle soup

Arroz con verduras
Rice with vegetables

Spaguetis carbonara
Carbonara Style Spaguetti

Lentejas ecológicas a la castellana
Ecological lentil stew

Puré de verduras
Creamed vegetables

Canelones de carne

Salmón al horno con patata panadera y mahonesa
Salmon with baked potatoes and mayonnaise

Filete ruso con patatas
Burger with french fries

Filete de merluza empanado con ensalada
Coated hake with salad

Croquetas de bacalao caseras con ensalada
Homemade cod croquettes with salad

Fruta
Fruit

Yogur
Diary

Fruta
Fruit

Fruta
Fruit

Yogur
Diary

25kcal635Hc.83 Lip.21 Prot.30

26kcal910 Hc.115 Lip.37 Prot.32

27 kcal860 Hc. 79Lip.32Prot.21

28kcal0 Hc. 0 Lip.0 Prot.0

29kcal832Hc. 119 Lip.31 Prot.25

Patatas con costilla
Potatoes with rib

Cocido lebaniego ecológico
Ecological chickpea stew

Arroz con pollo
Rice with chicken

Comida especial celebración 50 aniversario AUSOLAN

Alubias blancas con verdura
White beans with vegetables

Filete de ternera empanado con patatas fritas
Coated beef filet with french fries

Salchichas frescas al horno con patatas fritas
Baked fresh sausages with french fries

San Jacobo casero con ensalada
Homemade San Jacobo with salad



Ventresca de bacalao con pisto
Baked cod with vegetables mix

Yogur
Diary

Fruta
Fruit

Natillas
Custard

Fruta
Fruit