



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

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

Arroz montaña
Rice mountain

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

Fruta
Fruit

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

Lentejas Eco a la hortelana
Ecological lentils

Tortilla de patatas casera con ensalada
Homemade Spanish omelette with salad

Yogur
Diary

7 Kcal.640.Hc83.Lip.20 Prot.33

Sopa de fideos
Noodle soup

Pollo asado con verduritas
Roast chicken with vegetables

Fruta
Fruit

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

Negritos Eco con arroz
Ecological black beans stew with rice

Merluza a la romana con patatas
Coated hake with french fries

Yogur
Diary

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

Macarrones con atún
Macaroni with tuna

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

Fruta
Fruit

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

Garbanzos Eco estofados
Ecological chickpeas stew

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

Yogur
Diary

13 Kcal.719Hc.78 Lip.11 Prot.37

Crema de zanahoria
Carrot cream

Bacalao al horno con pimientos
Baked cod with peppers

Fruta
Fruit

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

Patatas en salsa verde
Potatoes in green Sauce

Pechuga de pollo con champiñones
Chicken breast with mushrooms

Actimel
Actimel

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

Alubias Eco con zanahoria
Ecological beans stew with carrot

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

Fruta
Fruit

18 Kcal.614Hc91 Lip14 Prot33

Sopa Maravilla
Noodle soup

Pavo guisado con verduritas
Turkey stew with vegetables

Fruta
Fruit

19 Kcal.771 Hc112 Lip.26 Prot.28

Arroz con verduras
Rice with vegetables

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

Yogur
Diary

20 Kcal730 Hc95 Lp25 Prt36

Alubias pintas Eco con verdura
Ecological Pinto Bean Stew

Filete ruso con patatas
Burger with french fries

Fruta
Fruit

21 Kcal.724Hc.98Lip.24Prot31

Lentejas Eco a la castellana
Ecological lentil stew

Filete de merluza empanado con ensalada
Coated hake with salad

Fruta
Fruit

22 Kcal768Hc78Lip.35Prot38

Puré de verduras
Creamed vegetables

Croquetas de bacalao caseras con ensalada
Homemade cod croquettes with salad

Yogur
Diary

25 kcal635Hc.83 Lip.21 Prot.30

Patatas con costilla
Potatoes with rib

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

Yogur
Diary

26 kcal910 Hc.115 Lip.37 Prot.32

Cocido lebaniego Eco
Ecological chickpea stew

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

Fruta
Fruit

27 kcal811 Hc. 83Lip.45Prot.24

Crema de calabacín
Creamed Zucchini

San Jacobo casero con ensalada
Homemade San Jacobo with salad

Natillas
Custard

28 kcal0 Hc. 0 Lip.0 Prot.0

Comida especial celebración 50 aniversario AUSOLAN



29 kcal832Hc. 119 Lip.31 Prot.25

Alubias blancas Eco con verdura
Ecological white beans with vegetables

Ventresca de bacalao con pisto
Baked cod with vegetables mix

Fruta
Fruit