



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes



BIENVENIDOS AL CURSO
2022/2023
WELCOME TO THE SCHOOL YEAR
2022/2023

Media azúcar: 18,5g
Media AGS: 9,3 g
Media sal: 1,3g

09/09/2022

Macarrones con tomate
Macaroni with tomato
Hamburguesa con ensalada
Hamburguer with salad
Lácteo
Lacteal

Hid. 85 Prot. 32 Lip. 27 Kcal. 711

12/09/2022

Crema de puerro y zanahoria
Cream of leek and carrot
Lomo a la plancha con ensalada
Grilled loin and salad
Fruta en su jugo
Fruit in its juice

Hid. 51 Prot. 39 Lip. 31 Kcal. 645

13/09/2022

Paella Mixta
Mixed paella
Albóndigas en salsa verde
Meatballs in green sauce
Fruta
Fruit

Hid. 106 Prot. 43 Lip. 48 Kcal. 999

14/09/2022

Lentejas con verdura
Lentils with vegetables
Huevos fritos con patatas
Fried eggs with potatoes
Lácteo
Lacteal

Hid. 103 Prot. 43 Lip. 48 Kcal. 998

15/09/2022

Espaguetis a la boloñesa
Spaghetti with bolognese sauce
Filete de lenguado con ensalada
Sole with salad
Fruta
Fruit

Hid. 98 Prot. 55 Lip. 41 Kcal. 985

16/09/2022

Alubias blancas estofadas
Beans with sausage
Pollo asado con patatas
Roast chicken with potatoes
Lácteo
Lacteal

Hid. 83 Prot. 62 Lip. 46 Kcal. 993

19/09/2022

Coditos con atún
Tuna pasta
Merluza con ensalada
Battered hake with salad
Fruta
Fruit

Hid. 97 Prot. 50 Lip. 31 Kcal. 871

20/09/2022

Alubias pintas estofadas
Pinto stewed string beans
Librillos de jamón y queso
Booklets of ham and cheese
Fruta
Fruit

Hid. 98 Prot. 43 Lip. 53 Kcal. 999

21/09/2022

Arroz con tomate
Tomato rice
Pechuga de pollo con ensalada
Bread breast of chicken with salad
Lácteo
Lacteal

Hid. 38 Prot. 46 Lip. 23 Kcal. 549

22/09/2022

Garbanzos estofados
Chickpeas stew
Varitas de merluza con ensalada
Sticks of hake and salad
Fruta
Fruit

Hid. 89 Prot. 82 Lip. 29 Kcal. 950

23/09/2022

Judías verdes rehogadas
Sautéed green beans
Tortilla española con ensalada
Spanish omelette and salad
Lácteo
Lacteal

Hid. 87 Prot. 48 Lip. 31 Kcal. 818

26/09/2022

Macarrones con tomate
Macaroni with tomato
Filete de lenguado con ensalada
Sole with salad
Fruta en su jugo
Fruit in its juice

Hid. 90 Prot. 45 Lip. 25 Kcal. 769

27/09/2022

Alubias blancas estofadas
Beans with sausage
Tortilla española con ensalada
Spanish omelette and salad
Fruta
Fruit

Hid. 82 Prot. 58 Lip. 40 Kcal. 927

28/09/2022

Arroz con tomate
Tomato rice
Lomo a la plancha con ensalada
Grilled loin and salad
Lácteo
Lacteal

Hid. 91 Prot. 55 Lip. 37 Kcal. 918

29/09/2022

Lentejas con chorizo
Lentils with sausage
Pollo asado con patatas
Roast chicken with potatoes
Fruta
YOGURT

Hid. 69 Prot. 58 Lip. 61 Kcal. 999

30/09/2022

Crema de verduras
Cream of vegetable
Merluza a la romana con ensalada
Roman hake with salad
Fruta
Fruit

Hid. 75 Prot. 23 Lip. 22 Kcal. 596