



COLEGIO SANTA MARIA - DICIEMBRE 2021

Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

A

Friday  
Viernes



Azúcar: 20,6g  
AGS: 8,3g  
Sal: 1,8g

**01/12/2021**  
Espaguetis a la carbonara  
Carbonara spaghetti  
Pechuga de pollo con lechuga y maiz  
Grilled breast, lettuce and corn  
Pan, agua y fruta  
Bread, water and fruit  
Hid. 85 Prot. 58 Lip. 51 Kcal. 999

**02/12/2021**  
Crema de verduras  
Cream of vegetable  
ortilla de jamón york con lechuga y tomat  
Ham omelette, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit  
Hid. 54 Prot. 32 Lip. 40 Kcal. 704

**03/12/2021**  
Sopa de fideos  
Noodle soup  
Merluza al horno con lechuga y tomate  
Baked hake lettuce and tomato  
Pan, agua y yogur  
Bread, water and yoghurt  
Hid. 54 Prot. 45 Lip. 23 Kcal. 600

**06/12/2021**

FESTIVO

FESTIVE

**07/12/2021**

NO LECTIVO

NO SCHOOL

**08/12/2021**

FESTIVO

FESTIVE

**09/12/2021**

Cocido andaluz  
Stew  
Croquetas con lechuga y maiz  
Croquette with lettuce and corn

Pan, agua y fruta  
Bread, water and fruit

Hid. 95 Prot. 48 Lip. 65 Kcal. 999

**10/12/2021**

Crema de verduras  
Vegetable's cream  
Muslos de pollo con lechuga y tomate  
Roast chicken & lettuce & tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 54 Prot. 45 Lip. 41 Kcal. 766

**13/12/2021**

Alubias blancas estofadas  
Stewed white beans  
ortilla de jamón york con lechuga y tomat  
Ham omelette, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 83 Prot. 45 Lip. 43 Kcal. 898

**14/12/2021**

Paella  
Paella  
Merluza con lechuga y tomate  
Hake, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 85 Prot. 58 Lip. 41 Kcal. 938

**15/12/2021**

Macarrones gratinados  
Macaroni gratin  
Calamares con lechuga y maiz  
Fried squid with lettuce and corn

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 83 Prot. 41 Lip. 45 Kcal. 906

**16/12/2021**

Crema de verduras  
Vegetable's cream  
Lomo empanado con lechuga y tomate  
Breaded tenderloin, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 60 Prot. 43 Lip. 48 Kcal. 850

**17/12/2021**

Estofado de patatas  
Potatoes stew  
Hamburguesa con lechuga, tomate  
Burger with lettuce, tomato

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 78 Prot. 37 Lip. 34 Kcal. 767

**20/12/2021**

Lentejas estofadas  
Zucchini purée  
Cazón con lechuga y tomate  
Dogfish, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 91 Prot. 61 Lip. 44 Kcal. 999

**21/12/2021**

Espaguetis a la carbonara  
Carbonara spaghetti  
Calamares con lechuga y maiz  
Fried squid with lettuce and corn

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 83 Prot. 43 Lip. 54 Kcal. 989

**22/12/2021**

Sopa de fideos  
Noodle soup  
ortilla de jamón york con lechuga y tomat  
Ham omelette, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 52 Prot. 30 Lip. 30 Kcal. 603

**23/12/2021**

Arroz con tomate  
Rice with tomato  
Huevos y chistorra  
Eggs and chistorra

Pan, agua y fruta  
Bread, water and fruit

Hid. 87 Prot. 38 Lip. 63 Kcal. 999

**24/12/2021**

VACACIONES NAVIDAD

CHRISTMAS HOLIDAYS