



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes



01/02/2022

Sopa de fideos
Noodle soup

Tortilla jamón york lechuga y tomate
Ham omelette, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 28 Prot. 32 Lip. 30 Kcal. 517

02/02/2022

Paella
Paella

Merluza al horno con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 61 Prot. 60 Lip. 41 Kcal. 852

03/02/2022

Puré de calabacín
Zucchini cream

Carne en salsa con patatas
Meat in sauce with potatoes

Pan, agua y fruta
Bread, water and fruit

Hid. 30 Prot. 45 Lip. 41 Kcal. 669

04/02/2022

Espaguetis a la carbonara
Carbonara spaghetti

Calamares fritos con lechuga y maiz
Fried squids with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 45 Lip. 64 Kcal. 999

07/02/2022

Arroz con tomate
Rice with tomato

Huevos y chistorra
Eggs and chistorra

Pan, agua y fruta
Bread, water and fruit

Hid. 76 Prot. 31 Lip. 62 Kcal. 997

08/02/2022

Sopa de fideos
Noodle soup

Pechuga de pollo con lechuga y maiz
Grilled breast, lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 35 Prot. 39 Lip. 13 Kcal. 415

09/02/2022

Cazuela de fideos
Noodle casserole

Merluza al horno con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 36 Prot. 43 Lip. 22 Kcal. 519

10/02/2022

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 45 Lip. 64 Kcal. 999

11/02/2022

Crema de verduras
Vegetable's cream

Lomo a la plancha con patatas
Grilled tenderloin with chips

Pan, agua y fruta
Bread, water and fruit

Hid. 42 Prot. 38 Lip. 33 Kcal. 619

14/02/2022

Lentejas estofadas
Stewed lentils

Calamares fritos con lechuga y maiz
Fried squids with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 74 Prot. 54 Lip. 49 Kcal. 959

15/02/2022

Sopa de fideos
Noodle soup

slitos de pollo al horno con lechuga y ton
Baked chicken thigh, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 35 Prot. 41 Lip. 31 Kcal. 584

16/02/2022

Macarrones gratinados
Macaroni gratin

Cazón con lechuga y tomate
Dogfish, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 70 Prot. 58 Lip. 50 Kcal. 966

17/02/2022

Estofado de ternera
Beef stew

Tortilla con york y lechuga y aceitunas
Ham omelette, lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 24 Prot. 51 Lip. 76 Kcal. 996

18/02/2022

Paella
Paella

slitos de pollo al horno con lechuga y ton
Baked chicken thigh, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 59 Prot. 58 Lip. 49 Kcal. 917

21/02/2022

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 45 Lip. 64 Kcal. 999

22/02/2022

Crema de verduras
Vegetable's cream

Hamburguesa y patatas
Burger with chips

Pan, agua y fruta
Bread, water and fruit

Hid. 77 Prot. 34 Lip. 42 Kcal. 826

23/02/2022

Espaguetis a la carbonara
Carbonara spaghetti

Calamares fritos con lechuga y maiz
Fried squids with lettuce and corn

Pan, agua y yogur
Bread, water and yoghurt

Hid. 69 Prot. 55 Lip. 65 Kcal. 999

24/02/2022

Estofado de ternera
Beef stew

Lomo adobao con patatas fritas
Marinated tenderloin with fries

Pan, agua y fruta
Bread, water and fruit

Hid. 30 Prot. 59 Lip. 69 Kcal. 992

25/02/2022

DIA NO LECTIVO
NON SCHOOL DAY

28/02/2022

DIA NO LECTIVO
NON SCHOOL DAY

Azúcar:20,8g
Sal: 1,8g
AGS: 8,9g