



COLEGIO SANTA MARIA - ENERO 2022

Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

Friday  
Viernes



FELIZ AÑO 2022

10/01/2022

Arroz con tomate  
Rice with tomato  
Huevos y chistorra  
Eggs and chistorra  
Pan, agua y fruta  
Bread, water and fruit

Hid. 80 Prot. 32 Lip. 63 Kcal. 999

11/01/2022

Cocido andaluz  
Stew  
Croquetas con lechuga y maiz  
Croquette with lettuce and corn  
Pan, agua y fruta  
Bread, water and fruit

Hid. 69 Prot. 37 Lip. 50 Kcal. 883

12/01/2022

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. 38 Prot. 38 Lip. 14 Kcal. 426

13/01/2022

Cazuela de fideos  
Noodle casserole  
Muslitos de pollo con lechuga y tomate  
Baked chicken thigh, lettuce and tomato  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 29 Prot. 45 Lip. 31 Kcal. 578

14/01/2022

Crema de verduras  
Vegetable's cream  
Tortilla con york y lechuga y aceitunas  
Ham omelette, lettuce and olives  
Pan, agua y fruta  
Bread, water and fruit

Hid. 40 Prot. 21 Lip. 36 Kcal. 575

17/01/2022

Lentejas estofadas  
Stewed lentils  
Bacalailas con lechuga y tomate  
Whiting, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 73 Prot. 44 Lip. 48 Kcal. 908

18/01/2022

Sopa de fideos  
Noodle soup  
Lomo a la plancha con ensalada  
Grilled tenderloin with salad  
Pan, agua y fruta  
Bread, water and fruit

Hid. 38 Prot. 35 Lip. 22 Kcal. 491

19/01/2022

Paella  
Paella  
Cazón con lechuga y tomate  
Dogfish, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 71 Prot. 55 Lip. 40 Kcal. 868

20/01/2022

Estofado de ternera  
Beef stew  
Tortilla con york y lechuga y aceitunas  
Ham omelette, lettuce and olives  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 60 Prot. 48 Lip. 57 Kcal. 957

21/01/2022

Macarrones gratinados  
Macaroni gratin  
Merluza al horno con lechuga y tomate  
Hake, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 80 Prot. 53 Lip. 50 Kcal. 984

24/01/2022

Puré de calabacín  
Zucchini cream  
Hamburguesa y patatas  
Burger with chips  
Pan, agua y fruta  
Bread, water and fruit

Hid. 67 Prot. 34 Lip. 45 Kcal. 811

25/01/2022

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. 79 Prot. 50 Lip. 65 Kcal. 999

26/01/2022

Sopa de fideos  
Noodle soup  
Carne en salsa con patatas  
Meat in sauce with potatoes  
Pan, agua y fruta  
Bread, water and fruit

Hid. 63 Prot. 40 Lip. 56 Kcal. 926

27/01/2022

Estofado de patatas  
Potatoes stew  
Merluza con lechuga y tomate  
Hake, lettuce and tomato  
Pan, agua y yogur  
Bread, water and yoghurt

Hid. 68 Prot. 59 Lip. 49 Kcal. 958

28/01/2022

Alubias blancas estofadas  
Stewed white beans  
Tortilla jamón york con lechuga y tomate  
Ham omelette, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 69 Prot. 42 Lip. 42 Kcal. 828

31/01/2022

Cocido andaluz  
Stew  
Croquetas con lechuga y maiz  
Croquette with lettuce and corn  
Pan, agua y fruta  
Bread, water and fruit

Hid. 69 Prot. 37 Lip. 50 Kcal. 883

Azúcar: 20,3g  
Sal:1,8g  
AGS: 8,6g