



COLEGIO SANTA MARIA - MARZO 2022

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



01/03/2022

NO LECTIVO

02/03/2022

Lentejas estofadas
Stewed lentils

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 90 Prot. 46 Lip. 49 Kcal. 990

03/03/2022

Estofado de ternera
Beef stew

Tortilla jamón york y ensalada
ham omelette and salad

Pan, agua y yogur
Bread, water and yoghurt

Hid. 35 Prot. 57 Lip. 79 Kcal. 999

04/03/2022

Macarrones gratinados
Macaroni gratin

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

Pan, agua y fruta
Bread, water and fruit

Hid. 97 Prot. 55 Lip. 50 Kcal. 999

07/03/2022

Arroz con tomate
Rice with tomato

Huevos y chorizos
Eggs and chorizo

Pan, agua y fruta
Bread, water and fruit

Hid. 97 Prot. 33 Lip. 63 Kcal. 999

08/03/2022

Puré de calabaza
Pumpkin purée

Carne en salsa con tomate
Beef with sauce

Pan, agua y fruta
Bread, water and fruit

Hid. 66 Prot. 43 Lip. 58 Kcal. 981

09/03/2022

Sopa
Soup

Pechuga plancha,lechuga,zanahoria
Grilled breast,letuce and carrots

Pan, agua y yogur
Bread, water and yoghurt

Hid. 46 Prot. 45 Lip. 14 Kcal. 491

10/03/2022

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with letuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 98 Prot. 47 Lip. 64 Kcal. 999

11/03/2022

Cazuela de fideos
Noodle casserole

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

Pan, agua y fruta
Bread, water and fruit

Hid. 64 Prot. 41 Lip. 22 Kcal. 617

14/03/2022

Espaguetis a la carbonara
Carbonara spaghetti

Calamares romana,lechuga y tomate
Roman squids,letuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 97 Prot. 53 Lip. 65 Kcal. 999

15/03/2022

Paella
Paella

Hamburguesa con lechuga y maiz
Burger, Lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 85 Prot. 40 Lip. 42 Kcal. 881

16/03/2022

Sopa de fideos
Noodle soup

Lomo a la plancha con ensalada
Grilled tenderloin with salad

Pan, agua y yogur
Bread, water and yoghurt

Hid. 46 Prot. 42 Lip. 22 Kcal. 556

17/03/2022

Alubias blancas estofadas
Stewed white beans

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

Pan, agua y fruta
Bread, water and fruit

Hid. 87 Prot. 44 Lip. 43 Kcal. 900

18/03/2022

Lentejas estofadas
Stewed lentils

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 90 Prot. 46 Lip. 49 Kcal. 990

21/03/2022

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with letuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 98 Prot. 47 Lip. 64 Kcal. 999

22/03/2022

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. 45 Prot. 52 Lip. 76 Kcal. 999

23/03/2022

Sopa de estrellas
Star soup

Carne en salsa con tomate
Beef with sauce

Pan, agua y yogur
Bread, water and yoghurt

Hid. 55 Prot. 41 Lip. 51 Kcal. 855

24/03/2022

Puré de Calabacín
Zucchini purée

Pollo al horno con lechuga y tomate
Baked chicken thigh, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Hid. 44 Prot. 51 Lip. 49 Kcal. 828

25/03/2022

Paella
Paella

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

Pan, agua y fruta
Bread, water and fruit

Hid. 88 Prot. 58 Lip. 41 Kcal. 950

28/03/2022

Macarrones con tomate y atún
Macarroni

Calamares, lechuga, tomate y aceitunas
Fried squid, lettuce, tomato and olives

Pan, agua y fruta
Bread, water and fruit

Hid. 98 Prot. 45 Lip. 33 Kcal. 876

29/03/2022

Sopa de fideos
Noodle soup

Lomo a la plancha con ensalada
Grilled tenderloin with salad

Pan, agua y yogur
Bread, water and yoghurt

Hid. 56 Prot. 38 Lip. 22 Kcal. 573

30/03/2022

Cocido andaluz
Stew

Croquetas con lechuga y maiz
Croquette with letuce and corn

Pan, agua y fruta
Bread, water and fruit

Hid. 98 Prot. 47 Lip. 64 Kcal. 999

31/03/2022

Estofado de ternera
Beef stew

Cazón con lechuga y tomate
Dogfish, lettuce and tomato

Pan, agua y yogur
Bread, water and yoghurt

Hid. 43 Prot. 68 Lip. 68 Kcal. 999

Azúcar: 21,3g
Sal: 1,8g
AGS: 8,6g