



COLEGIO SANTA MARIA - ABRIL 2022

Lunes  
Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

Friday  
Viernes



Azúcar: 21,3g  
Sal: 1,8g  
AGS: 9,2g

01/04/2022

Lentejas estofadas  
Stewed lentils

Bacalaillas con lechuga y tomate  
Whiting, lettuce and tomato  
Pan, agua y fruta  
Bread, water and fruit

Hid. 87 Prot. 72 Lip. 37 Kcal. 975

04/04/2022

Puré de calabaza  
Pumpkin purée

Carne en salsa con patatas  
Meat in sauce with potatoes

Pan, agua y fruta  
Bread, water and fruit

Hid. 64 Prot. 47 Lip. 30 Kcal. 721

05/04/2022

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. 87 Prot. 46 Lip. 57 Kcal. 999

06/04/2022

Sopa  
Soup

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

Pan, agua y fruta  
Bread, water and fruit

Hid. 56 Prot. 40 Lip. 13 Kcal. 508

07/04/2022

Alubias blancas estofadas  
Stewed white beans

Muslos de pollo asados con ensalada  
Roasted chicken thighs and salad

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 77 Prot. 62 Lip. 44 Kcal. 954

08/04/2022

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

11/04/2022

SEMANA SANTA  
HOLY WEEK

12/04/2022

SEMANA SANTA  
HOLY WEEK

13/04/2022

SEMANA SANTA  
HOLY WEEK

14/04/2022

SEMANA SANTA  
HOLY WEEK

15/04/2022

SEMANA SANTA  
HOLY WEEK

18/04/2022

Arroz con tomate  
Rice with tomato

Huevos y chistorra  
Eggs and chorizo

Pan, agua y fruta  
Bread, water and fruit

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

19/04/2022

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

20/04/2022

Lentejas estofadas  
Stewed lentils

Bacalaillas con lechuga y tomate  
Whiting, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 87 Prot. 72 Lip. 37 Kcal. 975

21/04/2022

Cocido andaluz  
Stew

Croquetas con lechuga y maiz  
Croquette with lettuce and corn

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 88 Prot. 52 Lip. 64 Kcal. 999

22/04/2022

Macarrones con tomate y atún  
Macaroni

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

Pan, agua y fruta  
Bread, water and fruit

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

25/04/2022

Cazuela de fideos  
Cooking pot

Hamburguesa y patatas  
Burger with potatoes

Pan, agua y fruta  
Bread, water and fruit

Hid. 95 Prot. 28 Lip. 38 Kcal. 842

26/04/2022

Estofado de ternera  
Beef stew

Cazón con lechuga y tomate  
Dogfish, lettuce and tomato

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 85 Prot. 62 Lip. 49 Kcal. 999

27/04/2022

Cocido andaluz  
Stew

Croquetas con lechuga y maiz  
Croquette with lettuce and corn

Pan, agua y fruta  
Bread, water and fruit

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

28/04/2022

Sopa de fideos  
Noodle soup

Tortilla jamón york y ensalada  
ham omelette and salad

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 46 Prot. 34 Lip. 31 Kcal. 598

29/04/2022

Puré de calabacín  
Zucchini purée

Muslos de pollo con patatas  
Roasted chicken thighs and chips

Pan, agua y fruta  
Bread, water and fruit

Hid. 51 Prot. 52 Lip. 51 Kcal. 867