



Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes

A

03/10/2022

Sopa de estrellas
Soup stars

Carne en salsa con patatas
Beef with sauce and chips
Pan, agua y yogur
Bread, water and yoghurt

Hid. 44 Prot. 39 Lip. 52 Kcal. 812

10/10/2022

Paella
Paella

Hamburguesa con lechuga, tomate
Burger with lettuce, tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 86 Prot. 40 Lip. 42 Kcal. 881

17/10/2022

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

Pan, agua y fruta
Bread, water and fruit

Hid. 94 Prot. 34 Lip. 63 Kcal. 999

24/10/2022

Lentejas estofadas
Stewed lentils

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

31/10/2022

NO LECTIVO

NO SCHOOL

04/10/2022

Crema de verduras
Cream of vegetable

Pechuga empanada con patatas
Grilled breast with chips
Pan, agua y fruta
Bread, water and fruit

Hid. 54 Prot. 40 Lip. 31 Kcal. 661

11/10/2022

Lentejas estofadas
Zucchini purée

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

Hid. 86 Prot. 72 Lip. 35 Kcal. 948

18/10/2022

Puré de Calabacín
Zucchini purée

Salchichas en salsa con patatas
Sausages with sauce and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 47 Prot. 50 Lip. 33 Kcal. 686

25/10/2022

Puré de Calabacín
Zucchini purée

Carne en salsa con patatas
Beef with sauce and chips
Pan, agua y fruta
Bread, water and fruit

Hid. 56 Prot. 46 Lip. 70 Kcal. 999

05/10/2022

Espaguetis a la carbonara
Carbonara spaghetti

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

Hid. 86 Prot. 40 Lip. 11 Kcal. 607

12/10/2022

FESTIVO

FESTIVE

19/10/2022

Sopa de fideos
Noodle soup

Lomo adobao con patatas fritas
Marinated tenderloin with fries
Pan, agua y yogur
Bread, water and yoghurt

Hid. 52 Prot. 42 Lip. 24 Kcal. 595

26/10/2022

Sopa de fideos
Noodle soup

Muslos de pollo con lechuga y tomate
Roast chicken & lettuce & tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 58 Prot. 41 Lip. 39 Kcal. 749

06/10/2022

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. 64 Kcal. 999

13/10/2022

Crema de verduras
Vegetable's cream

Pechuga de pollo con patatas
Grilled breast with fried potatoes
Pan, agua y fruta
Bread, water and fruit

Hid. 60 Prot. 43 Lip. 25 Kcal. 636

20/10/2022

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. 64 Kcal. 999

27/10/2022

Patatas a la riojana
Potatoes stew

Merluza horno, lechuga y aceitunas
Baked hake, lettuce and olives
Pan, agua y yogur
Bread, water and yoghurt

Hid. 95 Prot. 62 Lip. 49 Kcal. 999

07/10/2022

Cazuela de fideos
Noodle casserole

Tortilla francesa con lechuga y aceitunas
Omelette with lettuce and olives
Pan, agua y fruta
Bread, water and fruit

Hid. 52 Prot. 23 Lip. 27 Kcal. 545

14/10/2022

Caracollitos con tomate
Pasta with tomato

Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 95 Prot. 46 Lip. 25 Kcal. 789

21/10/2022

Espaguetis a la carbonara
Carbonara spaghetti

Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 85 Prot. 47 Lip. 42 Kcal. 912

28/10/2022

Alubias blancas estofadas
Stewed white beans

Muslos de pollo con lechuga y tomate
Roast chicken & lettuce & tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 83 Prot. 58 Lip. 44 Kcal. 959

