



COLEGIO SANTA MARIA - ENERO 2023

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes

A



FELIZ AÑO 2023

09/01/2023

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

Hid. 88 Prot. 23 Lip. 41 Kcal. 819

10/01/2023

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. 67 Prot. 27 Lip. 9 Kcal. 479

11/01/2023

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

Hid. 90 Prot. 28 Lip. 23 Kcal. 712

12/01/2023

Cazuela de fideos
Noodle casserole
uslitos de pollo al horno c/lechuga y toma
Baked chicken thigh, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit

Hid. 70 Prot. 32 Lip. 19 Kcal. 596

13/01/2023

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. 63 Prot. 20 Lip. 14 Kcal. 474

16/01/2023

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

Hid. 70 Prot. 30 Lip. 12 Kcal. 527

17/01/2023

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

Hid. 67 Prot. 29 Lip. 16 Kcal. 538

18/01/2023

Paella
Paella
Cazón con lechuga y tomate
Dogfish, lettuce and tomato
Pan, agua y yogur
Bread, water and yoghurt

Hid. 94 Prot. 34 Lip. 13 Kcal. 653

19/01/2023

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. 57 Prot. 31 Lip. 32 Kcal. 618

20/01/2023

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

Hid. 82 Prot. 25 Lip. 14 Kcal. 577

23/01/2023

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

Hid. 69 Prot. 21 Lip. 37 Kcal. 703

24/01/2023

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. 86 Prot. 32 Lip. 26 Kcal. 721

25/01/2023

Alubias blancas estofadas
Stewed white beans
Tortilla de jamón york, lechuga y tomate
Ham omelette, lettuce and tomato
Pan, agua y yogur
Bread, water and yoghurt

Hid. 71 Prot. 24 Lip. 14 Kcal. 536

26/01/2023

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

Hid. 74 Prot. 21 Lip. 11 Kcal. 499

27/01/2023

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

Hid. 80 Prot. 29 Lip. 15 Kcal. 590

30/01/2023

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

Hid. 90 Prot. 28 Lip. 23 Kcal. 712

31/01/2023

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. 86 Prot. 32 Lip. 26 Kcal. 721