



COLEGIO SANTA MARIA - FEBRERO 2023

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes



06/02/2023
 Arroz con tomate
 Rice with tomato
 Huevos y chistorra
 Eggs and chistorra
 Pan, agua y fruta
 Bread, water and fruit
Hid. 88,8 Prot. 19,9 Lip. 25,2 Kcal. 673

13/02/2023
 Lentejas estofadas
 Stewed lentils
 Bacalailas con lechuga y tomate
 Whiting, lettuce and tomato
 Pan, agua y fruta
 Bread, water and fruit
Hid. 69,6 Prot. 30,5 Lip. 11,8 Kcal. 527

20/02/2023
 Cocido andaluz
 Stew
 Croquetas con lechuga y maiz
 Croquette with lettuce and corn
 Pan, agua y fruta
 Bread, water and fruit
Hid. 91 Prot. 35,9 Lip. 28,2 Kcal. 784

27/02/2023
 DIA NO LECTIVO
 NON SCHOOL DAY

07/02/2023
 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. 67,4 Prot. 27,4 Lip. 9,7 Kcal. 479

14/02/2023
 Puré de calabacín
 Zucchini cream
 Carne en salsa con patatas
 Meat in sauce with potatoes
 Pan, agua y fruta
 Bread, water and fruit
Hid. 68,3 Prot. 27,7 Lip. 17,8 Kcal. 563

21/02/2023
 Crema de verduras
 Vegetable's cream
 Hamburguesa y patatas
 Burger with chips
 Pan, agua y fruta
 Bread, water and fruit
Hid. 73,9 Prot. 24,2 Lip. 37 Kcal. 739

28/02/2023
 FESTIVO
 FESTIVE

01/02/2023
 Paella
 Paella
 Merluza al horno con lechuga y tomate
 Hake, lettuce and tomato
 Pan, agua y yogur
 Bread, water and yoghurt
Hid. 92,7 Prot. 27,2 Lip. 15,5 Kcal. 628

08/02/2023
 Cocido andaluz
 Stew
 Croquetas con lechuga y maiz
 Croquette with lettuce and corn
 Pan, agua y yogur
 Bread, water and yoghurt
Hid. 91 Prot. 35,9 Lip. 28,2 Kcal. 784

15/02/2023
 Macarrones gratinados
 Macaroni gratin
 Calamares fritos con lechuga y maiz
 Fried squids with lettuce and corn
 Pan, agua y yogur
 Bread, water and yoghurt
Hid. 86,3 Prot. 28,3 Lip. 17,7 Kcal. 633

22/02/2023
 Espaguetis
 Spaghetti
 Calamares fritos con lechuga y maiz
 Fried squids with lettuce and corn
 Pan, agua y yogur
 Bread, water and yoghurt
Hid. 91,5 Prot. 38,1 Lip. 27,3 Kcal. 772

02/02/2023
 Puré de calabacín
 Zucchini cream
 Carne en salsa con patatas
 Meat in sauce with potatoes
 Pan, agua y fruta
 Bread, water and fruit
Hid. 68,3 Prot. 27,7 Lip. 17,8 Kcal. 563

09/02/2023
 Crema de verduras
 Vegetable's cream
 Hamburguesa y patatas
 Burger with chips
 Pan, agua y fruta
 Bread, water and fruit
Hid. 73,9 Prot. 24,2 Lip. 37 Kcal. 739

16/02/2023
 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. 48,4 Prot. 31,2 Lip. 32,2 Kcal. 621

23/02/2023
 Estofado de ternera
 Beef stew
 Lomo adobao con patatas fritas
 Marinated tenderloin with fries
 Pan, agua y fruta
 Bread, water and fruit
Hid. 59,1 Prot. 41,8 Lip. 42,3 Kcal. 799

03/02/2023
 Sopa de fideos
 Noodle soup
 Tortilla jamón york lechuga y tomate
 Ham omelette, lettuce and tomato
 Pan, agua y fruta
 Bread, water and fruit
Hid. 69,5 Prot. 19,2 Lip. 10,7 Kcal. 465

10/02/2023
 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. 85,8 Prot. 33,3 Lip. 24,4 Kcal. 710

17/02/2023
 Paella
 Paella
 Muslitos de pollo horno, lechuga y tomate
 Baked chicken thigh, lettuce and tomato
 Pan, agua y fruta
 Bread, water and fruit
Hid. 100 Prot. 36,2 Lip. 27,3 Kcal. 805

24/02/2023
 Alubias blancas estofadas
 Stewed white beans
 Tortilla francesa, lechuga y tomate
 Omelette, lettuce and tomato
 Pan, agua y fruta
 Bread, water and fruit
Hid. 86,3 Prot. 28,3 Lip. 17,7 Kcal. 633