



COLEGIO SANTA MARIA - ABRIL 2023

Lunes

Monday

Tuesday  
Martes

Wednesday  
Miércoles

Thursday  
Jueves

A

Friday  
Viernes



03/04/2023

SEMANA SANTA  
HOLY WEEK

04/04/2023

SEMANA SANTA  
HOLY WEEK

05/04/2023

SEMANA SANTA  
HOLY WEEK

06/04/2023

SEMANA SANTA  
HOLY WEEK

07/04/2023

SEMANA SANTA  
HOLY WEEK

10/04/2023

Puré de calabaza  
Pumpkin purée

Carne en salsa con patatas  
Meat in sauce with potatoes

Pan, agua y fruta  
Bread, water and fruit

Hid. 62,8 Prot. 29,7 Lip. 37,2 Kcal. 722

11/04/2023

Sopa  
Soup

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

Pan, agua y fruta  
Bread, water and fruit

Hid. 62,6 Prot. 39,3 Lip. 13,5 Kcal. 541

12/04/2023

Paella  
Paella

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

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 89,3 Prot. 32,4 Lip. 16,6 Kcal. 648

13/04/2023

Alubias blancas estofadas  
Stewed white beans

Muslos de pollo asados con ensalada  
Roasted chicken thinqhs and salad

Pan, agua y fruta  
Bread, water and fruit

Hid. 71 Prot. 41,2 Lip. 23,3 Kcal. 698

14/04/2023

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. 82,7 Prot. 32,8 Lip. 27,1 Kcal. 719

17/04/2023

Arroz con tomate  
Rice with tomato

Huevos y chistorra  
Eggs and chorizo

Pan, agua y fruta  
Bread, water and fruit

Hid. 84 Prot. 22,2 Lip. 37,2 Kcal. 769

18/04/2023

Sopa de fideos  
Noodle soup

Lomo a la plancha con ensalada  
Grilled tenderloin with salad

Pan, agua y fruta  
Bread, water and fruit

Hid. 62 Prot. 38,3 Lip. 20,2 Kcal. 595

19/04/2023

Lentejas estofadas  
Stewed lentils

Bacalailas con lechuga y tomate  
Whiting, letucce and tomato

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 80,6 Prot. 39,2 Lip. 19,1 Kcal. 668

20/04/2023

Puré de calabacín  
Zucchini purée

Muslos de pollo con lechuga y tomate  
Roast chicken & lettuce & tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 57,4 Prot. 33,5 Lip. 22,8 Kcal. 581

21/04/2023

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. 83,3 Prot. 28,5 Lip. 19,4 Kcal. 636

24/04/2023

Cazuela de fideos  
Cooking pot

Hamburguesa y patatas  
Burger with potatoes

Pan, agua y fruta  
Bread, water and fruit

Hid. 76 Prot. 23,6 Lip. 25,9 Kcal. 720

25/04/2023

Estofado de ternera  
Beef stew

Rosada con lechuga y tomate  
Pink fish, lettuce and tomato

Pan, agua y fruta  
Bread, water and fruit

Hid. 46,2 Prot. 42,8 Lip. 38,2 Kcal. 717

26/04/2023

Cocido andaluz  
Stew

Croquetas con lechuga y maiz  
Croquette with letucce and corn

Pan, agua y yogur  
Bread, water and yoghurt

Hid. 97,8 Prot. 29,9 Lip. 27,5 Kcal. 784

27/04/2023

Sopa de fideos  
Noodle soup

Tortilla jamón york y ensalada  
ham omelette and salad

Pan, agua y fruta  
Bread, water and fruit

Hid. 64 Prot. 18,2 Lip. 10,5 Kcal. 435

28/04/2023

Arroz con tomate  
Rice with tomato

Huevos y chistorra  
Eggs and chorizo

Pan, agua y fruta  
Bread, water and fruit

Hid. 84 Prot. 22,2 Lip. 37,2 Kcal. 769