



COLEGIO SANTA MARIA- SEPTIEMBRE 23

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



BIENVENIDOS AL CURSO
2023/2024
WELCOME TO THE COURSE
2023/2024

11/09/2023
Sopa de fideos
Noodle soup
Carne en salsa con patatas
Beef with sauce and chips
Pan, agua y fruta
Bread, water and fruit
Hid. 74 Prot. 30 Lip. 16 Kcal. 570

12/09/2023
Patatas a la riojana
Potatoes stew
Bacalaitas con lechuga y tomate
Whiting, lettuce and tomato
Pan, agua y yogur
Bread, water and yoghurt
Hid. 65 Prot. 40 Lip. 27 Kcal. 668

13/09/2023
Puré de Calabacín
Zucchini purée
Pechuga de pollo con patatas
Grilled breast with fried potatoes
Pan, agua y fruta
Bread, water and fruit
Hid. 74 Prot. 40 Lip. 27 Kcal. 714

14/09/2023
Caracillos con tomate
Pasta with tomato
San Jacobo, lechuga, tomate.
San Jacobo, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit
Hid. 96 Prot. 32 Lip. 30 Kcal. 813

15/09/2023
Paella
Paella
Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit
Hid. 79 Prot. 25 Lip. 16 Kcal. 574

18/09/2023
Cocido andaluz
Stew
Croquetas con lechuga y maiz
Croquette with lettuce and corn
Pan, agua y fruta
Bread, water and fruit
Hid. 94 Prot. 29 Lip. 28 Kcal. 770

19/09/2023
Crema de verduras
Cream of vegetable
Salchichas en salsa con patatas
Sausages with sauce and chips
Pan, agua y fruta
Bread, water and fruit
Hid. 71 Prot. 26 Lip. 54 Kcal. 889

20/09/2023
Arroz con tomate
Rice with tomato
Huevos y chistorra
Eggs and chistorra
Pan, agua y yogur
Bread, water and yoghurt
Hid. 94 Prot. 36 Lip. 53 Kcal. 996

21/09/2023
Espaguetis a la carbonara
Carbonara spaghetti
Calamares, lechuga, tomate y aceitunas
Fried squid, lettuce, tomato and olives
Pan, agua y fruta
Bread, water and fruit
Hid. 83 Prot. 31 Lip. 25 Kcal. 702

22/09/2023
Sopa de fideos
Noodle soup
Tortilla de patatas, lechuga, tomate
Spanish omelette and lettuce and tomato
Pan, agua y fruta
Bread, water and fruit
Hid. 71 Prot. 18 Lip. 23 Kcal. 579

25/09/2023
Lentejas estofadas
Stewed lentils
Bacalaitas con lechuga y tomate
Whiting, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit
Hid. 94 Prot. 29 Lip. 28 Kcal. 770

26/09/2023
Caracillos con tomate
Pasta with tomato
Merluza con lechuga y tomate
Hake, lettuce and tomato
Pan, agua y fruta
Bread, water and fruit
Hid. 79 Prot. 25 Lip. 16 Kcal. 574

27/09/2023
Cocido andaluz
Stew
Croquetas con lechuga y maiz
Croquette with lettuce and corn
Pan, agua y fruta
Bread, water and fruit
Hid. 94 Prot. 29 Lip. 28 Kcal. 770

28/09/2023
Crema de verduras
Cream of vegetable
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

29/09/2023
Estofado de ternera
Beef stew
Tortilla jamón york y ensalada
ham omelette and salad
Pan, agua y yogur
Bread, water and yoghurt
Hid. 60 Prot. 35 Lip. 28 Kcal. 644