



COLEGIO SANTA MARIA- NOVIEMBRE 23

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

Friday
Viernes



01/11/2023

02/11/2023

03/11/2023

FESTIVO

Cocido andaluz
Stew

Cazuela de fideos
Noodle casserole

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Tortilla francesa con lechuga y aceitunas
Omelette with lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

Hid. 56 Prot. 22 Lip. 27 Kcal. 557

06/11/2023

07/11/2023

08/11/2023

09/11/2023

10/11/2023

Paella
Paella

Lentijas estofadas
Zucchini purée

Patatas a la riojana
Potatoes stew

Crema de verduras
Vegetable's cream

Caracollillos con tomate
Pasta with tomato

Hamburguesa con lechuga, tomate
Burger with lettuce, tomato

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Calamares con lechuga y maiz
Fried squid with lettuce and corn

Pechuga de pollo con patatas
Grilled breast with fried potatoes

Merluza con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Pan, agua y yogur
Bread, water and yoghurt

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

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

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

Hid. 70 Prot. 51 Lip. 47 Kcal. 914

Hid. 63 Prot. 42 Lip. 25 Kcal. 648

Hid. 99 Prot. 45 Lip. 25 Kcal. 801

13/11/2023

14/11/2023

15/11/2023

16/11/2023

17/11/2023

Arroz con tomate
Rice with tomato

Puré de Calabacín
Zucchini purée

Sopa de fideos
Noodle soup

Cocido andaluz
Stew

Espaguetis a la carbonara
Carbonara spaghetti

Huevos y chistorra
Eggs and chistorra

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

Lomo adobao con lechuga y tomate
Marinated tenderloin with lettuce and tomato

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Merluza con lechuga y tomate
Hake, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Pan, agua y yogur
Bread, water and yoghurt

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Hid. 96 Prot. 38 Lip. 68 Kcal. 999

Hid. 51 Prot. 32 Lip. 56 Kcal. 839

Hid. 52 Prot. 43 Lip. 24 Kcal. 595

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

Hid. 96 Prot. 57 Lip. 59 Kcal. 999

20/11/2023

21/11/2023

22/11/2023

23/11/2023

24/11/2023

Patatas a la riojana
Potatoes stew

Sopa de fideos
Noodle soup

Lentijas estofadas
Zucchini purée

Crema de verduras
Cream of vegetable

Alubias blancas estofadas
Stewed white beans

Calamares con lechuga y maiz
Fried squid with lettuce and corn

Carne en salsa con patatas
Beef with sauce and chips

Bacalailas con lechuga y tomate
Whiting, lettuce and tomato

Pechuga empanada con patatas
Grilled breast with chips

Tortilla jamón york con lechuga y tomate
Ham omelette, lettuce and tomato

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Pan, agua y yogur
Bread, water and yoghurt

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Hid. 70 Prot. 55 Lip. 41 Kcal. 877

Hid. 75 Prot. 32 Lip. 41 Kcal. 806

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

Hid. 63 Prot. 42 Lip. 25 Kcal. 648

Hid. 87 Prot. 44 Lip. 42 Kcal. 909

27/11/2023

28/11/2023

29/11/2023

30/11/2023

Puré de Calabacín
Zucchini purée

Cocido andaluz
Stew

Caracollillos con tomate
Pasta with tomato

Cazuela de fideos
Noodle casserole

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

Croquetas con lechuga y maiz
Croquette with lettuce and corn

Merluza con lechuga y tomate
Hake, lettuce and tomato

Tortilla francesa con lechuga y aceitunas
Omelette with lettuce and olives

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Pan, agua y fruta
Bread, water and fruit

Hid. 51 Prot. 32 Lip. 56 Kcal. 839

Hid. 92 Prot. 43 Lip. 56 Kcal. 999

Hid. 99 Prot. 45 Lip. 25 Kcal. 801

Hid. 70 Prot. 47 Lip. 56 Kcal. 991