

octubre / October



1 martes / Tuesday

Kcal.707 Hc.81 Lip.38 Prot.14

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|--|-------------------------------|
| Patatas a la riojana | Patatoes with spicy |
| Albóndigas de pescado en salsa de pimiento verde | Meatballs fish in green sauce |
| Fruta | Fruit |

2 miércoles / Wednesday

Kcal.720 Hc.105 Lip.22 Prot.31

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|------------------------------------|------------------------------|
| Cocido de garbanzos con compango | Chickpea stew |
| Tortilla de calabacín con ensalada | Zucchini omelette with salad |
| Fruta | Fruit |

3 jueves / Thursday

Kcal.659 Hc.80 Lip.25 Prot.32

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| Pure de calabacín | Creamed courgettes |
| Pechuga de pollo en salsa con champiñones | Chicken breast with sauce and mushrooms |
| Fruta | Fruit |

4 viernes / Friday

Kcal.702 Hc.84 Lip.8 Prot.24

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|---------------------------|------------------------|
| Fabas pintas estofadas | Pinto bean stew |
| Pescado fresco con tomate | Fresh fish with tomato |
| Yogur | Yoghurt |

7 lunes / Monday

Kcal.755 Hc.157 Lip.44 Prot.42

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|---------------------------------|-----------------------------------|
| Paella marinera | Seafood paella |
| Hamburguesa con salsa de tomate | Burger in tomato sauce with salad |
| con ensalada | Fruit |
| Fruta | |

8 martes / Tuesday

Kcal.658 Hc.82 Lip.22 Prot.35

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| Sopa de verdura | Vegetable soup |
| Ragout de cerdo con verduras y patatas | Pork ragout with vegetables and potatoes |
| Fruta | Fruit |

9 miércoles / Wednesday

Kcal.669 Hc.90 Lip.19 Prot.39

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|--------------------------------|--------------------------|
| Lentejas con chorizo | Lentil whit sausage |
| Bacalao al horno con piperrada | Baked cod with piperrada |
| Fruta | Fruit |

10 jueves / Thursday

Kcal.718 Hc.102 Lip.23 Prot.24

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|----------------------------------|-----------------------------|
| Menestra de verduras | Mixed vegetables |
| Tortilla de chorizo con ensalada | Chorizo omelette with salad |
| Fruta | Fruit |

11 viernes / Friday

Kcal.675 Hc.98 Lip.16 Prot.38

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|-----------------------------|---------------------|
| Garbanzos estofados | Chickpea stew |
| Merluza en salsa de manzana | Hake in apple sauce |
| Yogur | Yoghurt |

14 lunes / Monday

Kcal.749 Hc.126 Lip.18 Prot.22

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|--------------------------------|----------------------------|
| Macarrones ecológicos con atún | Organic macaroni with tuna |
| San jacobó | Ham cordon bleu with salad |
| con ensalada | Fruit |
| Fruta | |

15 martes / Tuesday

Kcal.637 Hc.80 Lip.12 Prot.32

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|-------------------------------|------------------------------|
| Crema de calabaza | Pumpkin cream |
| Bacalao en salsa con verduras | Cod in sauce with vegetables |
| Fruta | Fruit |

16 miércoles / Wednesday

Kcal.779 Hc.102 Lip.30 Prot.27

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|----------------------------------|-----------------------------|
| Lentejas con verdura | Lentils with vegetables |
| Tortilla de patatas con ensalada | Spanish omelette with salad |
| Fruta | Fruit |

17 jueves / Thursday

Kcal.694 Hc.82 Lip.29 Prot.29

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| Sopa maravilla | Noodle soup |
| Albóndigas a la jardinera con patatas | Meatballs with vegetables and potatoes |
| Fruta | Fruit |

18 viernes / Friday

Kcal.685 Hc.91 Lip.14 Prot.24

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|------------------------------------|---------------------------|
| Negritos con arroz | Black bean stew with rice |
| Pescado azul fresco en salsa verde | Fresh fish in green sauce |
| Yogur | Yoghurt |

21 lunes / Monday

Kcal.771 Hc.109 Lip.22 Prot.38

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|---|---|
| Caracollitos con chorizo | Macaroni with chorizo sausage |
| Pechuga de pollo en salsa con champiñones | Chicken breast with sauce and mushrooms |
| Fruta | Fruit |

22 martes / Tuesday

Kcal.762 Hc.87 Lip.35 Prot.22

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|----------------------------------|----------------------------------|
| Menestra de verduras | Mixed vegetables |
| Tortilla de patatas con mahonesa | Spanish omelette with mayonnaise |
| Fruta | Fruit |

23 miércoles / Wednesday

Kcal.706 Hc.89 Lip.26 Prot.33

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|------------------------------------|-----------------------------------|
| Garbanzos con chorizo | Chickpeas with sausage |
| Merluza a la gallega con zanahoria | Hake in paprika sauce with carrot |
| con ensalada | with salad |
| Fruta | Fruit |

24 jueves / Thursday

Kcal.657 Hc.96 Lip.15 Prot.38

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| Marmitaco de pescado | Fish & potato stew |
| Temera asturiana IGP guisada a la jardinera | Asturiana IGP beef with garnition vegetables |
| Fruta | Fruit |

25 viernes / Friday

Kcal.608 Hc.82 Lip.13 Prot.41

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|---------------------------------|------------------------------------|
| Lentejas ecológicas con verdura | Ecological lentils with vegetables |
| Bacalao en salsa con verduras | Cod in sauce with vegetables |
| Yogur | Yoghurt |

28 lunes / Monday

Kcal.718 Hc.118 Lip.15 Prot.31

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| Arroz con tomate | White with tomato sauce |
| Muslo de pollo asado con verduras y patatas | Roast chicken with vegetables and potatoes |
| Fruta | Fruit |

29 martes / Tuesday

Kcal.694 Hc.81 Lip.33 Prot.19

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|----------------------------------|-----------------------------|
| Cocido de judías verdes | Green beans stew |
| Tortilla de patatas con ensalada | Spanish omelette with salad |
| Fruta | Fruit |

30 miércoles / Wednesday

No lectivo
Not school

31 jueves / Thursday

No lectivo
Not school

