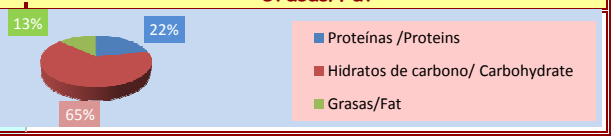
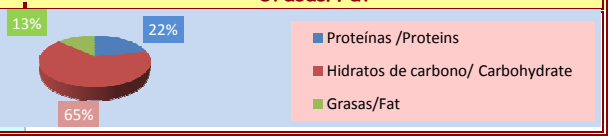
MENÚ INFANTIL 1º Y 2º DE PRIMARIA // INFANTS MENU

Lunes / Monday	07/01/2019
Energy	
0	
1	Proteínas /Proteins
2	Hidratos de carbono/ Carbohydrate
3	Grasas/Fat



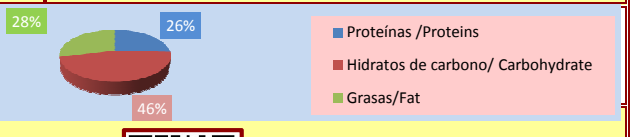
Martes / Tuesday	08/01/2019
Energy	Puré de lentejas Lentil purée
410	Tortilla española con jamón Spanish omelette with ham
20	Plátano Banana
60	Proteínas /Proteins
12	Hidratos de carbono/ Carbohydrate
	Grasas/Fat



Miércoles / Wednesday	09/01/2019
Energy	Crema de zanahorias Cream of carrot soup
285	Calamares a la romana con ensalada Battered squid rings and salad
9	Yogur Yoghurt
20	Proteínas /Proteins
15295	Hidratos de carbono/ Carbohydrate
	Grasas/Fat

Jueves / Thursday	10/01/2019
Energy	Crema de verduras Cream of vegetable soup
295	Pavo a la plancha con ensalada Grilled turkey breast with salad
16	Mandarina Tangerine
23	Proteínas /Proteins
10	Hidratos de carbono/ Carbohydrate
	Grasas/Fat

Viernes / Friday	11/01/2019
Energy	Sopa de pollo Chicken soup
595	Lomo a la sal con salsa de champiñones y arroz Salt-baked pork loin in mushroom sauce with rice
28	Petit Suisse Fromage frais
50	Proteínas /Proteins
31	Hidratos de carbono/ Carbohydrate
	Grasas/Fat



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Recomendaciones para la cena Suggestions for dinner	
Lunes Monday	
Martes Tuesday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit
Miércoles Wednesday	Sopa de verduras-tortilla francesa-yogur Vegetable soup – French omelette – yoghurt
Jueves Thursday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit
Viernes Friday	Pollo con patatas cocidas-fruta Chicken with boiled potatoes - fruit

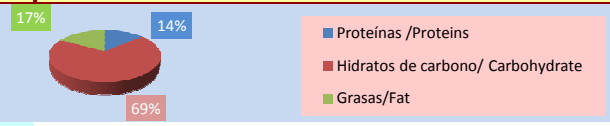
MENÚ INFANTIL 1º Y 2º DE PRIMARIA // INFANTS MENU

Lunes / Monday	14/01/2019
	Crema de judías Cream of bean soup
Energy	Montadito de pescado al horno Oven cooked hake on sliced potatoes
200	Yogur Yoghurt
16	Proteínas /Proteins
15	Hidratos de carbono/ Carbohydrate
5	Grasas/Fat

Martes / Tuesday	15/01/2019
	Crema de acelgas Creamed chard
Energy	Hamburguesa de ternera a la plancha con ensalada de tomate y queso blanco Grilled beef hamburger and tomato and cheese salad
295	Mandarina Tangerine
18	Proteínas /Proteins
17	Hidratos de carbono/ Carbohydrate
10	Grasas/Fat

Miércoles / Wednesday	16/01/2019
	Sopa de pescado Fish soup
Energy	Revuelto de salchichas con papas fritas Scrambled eggs with sausages and chips
570	Natilla Custard
24	Proteínas /Proteins
40	Hidratos de carbono/ Carbohydrate
23	Grasas/Fat

Jueves / Thursday	17/01/2019
	Crema calabaza Cream of pumpkin soup
Energy	Albóndigas en salsa con arroz blanco Meatball stew with white rice
415	Plátano Banana
12	Proteínas /Proteins
60	Hidratos de carbono/ Carbohydrate
15	Grasas/Fat



Viernes / Friday	18/01/2019
	Puré de garbanzos Creamed chickpeas
Energy	Pescado a la plancha con ensalada Grilled fish with salad
315	Yogur Yoghurt
22	Proteínas /Proteins
44	Hidratos de carbono/ Carbohydrate
6	Grasas/Fat

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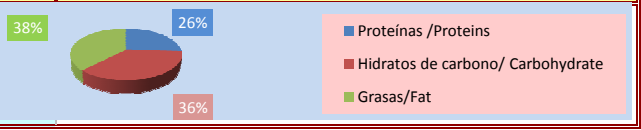
Recomendaciones para la cena

Suggestions for dinner

Lunes / Monday	Filete de pavo con patatas fritas-fruta Tourkey breast with chips - fruit
Martes / Tuesday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit
Miércoles / Wednesday	Arroz con legumbres-yogur Rice and pulses- yoghurt
Jueves / Thursday	Pescado con verduras-leche Fish and vegetables – milk
Viernes / Friday	Filete de ternera-ensalada-yogur Beef steak - salad – yogurt

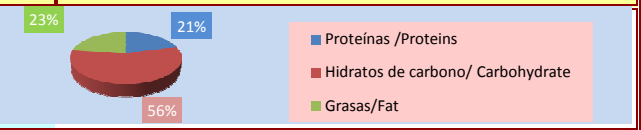
MENÚ INFANTIL 1º Y 2º DE PRIMARIA // INFANTS MENU

Lunes / Monday	21/01/2019
	Puré de zanahorias Carrot cream
Energy	Pollo en salsa con papas cocinadas Chicken in sauce with boiled potatoes
360	Mandarina Tangerine
15	Proteínas /Proteins
21	Hidratos de carbono/ Carbohydrate
22	Grasas/Fat



Martes / Tuesday	22/01/2019
	Crema de judías Cream of bean soup
Energy	Salpicón de atún con papas guisadas y salsa de eneldo Tuna vinaigrette with bolied potatoes and dill sauce
250	Gelatina Jelly
25	Proteínas /Proteins
20	Hidratos de carbono/ Carbohydrate
5	Grasas/Fat

Miércoles / Wednesday	23/01/2019
	Sopa de estrellitas Star-noodle clear soup
Energy	Delicias de lomo al horno con ensalada Baked pork loin delights with salad
480	Plátano Banana
18	Proteínas /Proteins
48	Hidratos de carbono/ Carbohydrate
20	Grasas/Fat



Jueves / Thursday	24/01/2019
	Potaje de berros Watercress stew
Energy	Macarrones a la carbonara Macaroni Carbonara
515	Manzana Apple
20	Proteínas /Proteins
55	Hidratos de carbono/ Carbohydrate
8	Grasas/Fat

Viernes / Friday	25/01/2019
	Puré de verduras Cream of vegetables
Energy	Solomillo de pollo al ajillo a la plancha con ensalada de tomate y queso Garlic grilled chicken fillet with a tomato and cheese salad
245	Yogur Yoghurt
12	Proteínas /Proteins
20	Hidratos de carbono/ Carbohydrate
12	Grasas/Fat

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Recomendaciones para la cena Suggestions for dinner	
Lunes Monday	Tortilla española con jamón-fruta Spanish omelette with ham - fruit
Martes Tuesday	Filete de pavo-ensalada-yogur Chicken fillet – salad – yogurt
Miércoles Wednesday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit
Jueves Thursday	Revuelto de verduras-fruta Scrambled eggs with vegetables - fruit
Viernes Friday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit

MENÚ INFANTIL 1º Y 2º DE PRIMARIA // INFANTS MENU

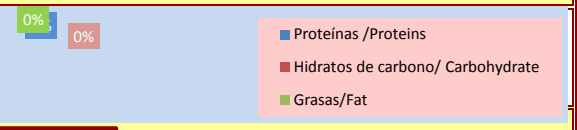
Lunes / Monday	28/01/2019
	Crema de calabacín Cream of courgette soup
Energy	Paella Paella
315	Dulce Cakes
5	Proteínas /Proteins
41	Hidratos de carbono/ Carbohydrate
	Grasas/Fat

Martes / Tuesday	29/01/2019
	Sopa de pescado Fish soup
Energy	Ternera en salsa con papas cocinadas Beef in sauce with boiled potatoes
335	Pera Pear
26	Proteínas /Proteins
20	Hidratos de carbono/ Carbohydrate
16	Grasas/Fat

Miércoles / Wednesday	30/01/2019
	Crema de zanahorias Cream of carrot soup
Energy	Pescado a la plancha con ensalada Grilled fish with salad
235	Yogur de beber Drinking yoghurt
12	Proteínas /Proteins
15	Hidratos de carbono/ Carbohydrate
10	Grasas/Fat

Jueves / Thursday	31/01/2019
	Puré de lentejas Lentil purée
Energy	Tortilla española con jamón Spanish omelette with ham
410	Plátano Banana
20	Proteínas /Proteins
60	Hidratos de carbono/ Carbohydrate
12	Grasas/Fat

Viernes / Friday	01/02/2019
Energy	
0	
0	Proteínas /Proteins
0	Hidratos de carbono/ Carbohydrate
0	Grasas/Fat



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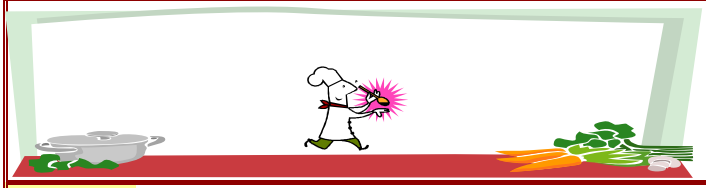
Recomendaciones para la cena Suggestions for dinner	
	
Lunes Monday	Pollo con patatas cocidas-fruta Chicken with boiled potatoes - fruit
Martes Tuesday	Filete de pescado a la plancha-verdura salteada-fruta Grilled fish – stir-fried vegetables – fruit
Miércoles Wednesday	Filete de ternera-ensalada-yogur Beef steak - salad – yogurt
Jueves Thursday	Arroz con legumbres-yogur Rice and pulses- yoghurt
Viernes Friday	