



Curso 2017/2018
MENÚ MAYO



SAN ANTONIO DE PADUA



LUNES	MARTES	MIERCOLES 2	JUEVES 3	VIERNES 4
		KCal 621 P. 16 Lip. 25 H.C. 82 Crema de calabacín Tortilla de patata con ensalada Fruta / Pan Courgette cream Spanish omelette with salad Fruit / Bread	KCal 748 P. 41 Lip. 24 H.C. 89 Garbanzos con verdura Merluza en salsa americana Yogurt sabores / Pan Chickpeas with vegetables Hake in American sauce Different flavors yogurt / Bread	KCal 751 P. 21 Lip. 31 H.C. 96 Patatas a la riojana Nuggets de pollo con lechuga Fruta / Pan Rioja potatoes Chicken nuggets with lettuce Fruit / Bread
LUNES 7	MARTES 8	MIERCOLES 9	JUEVES 10	VIERNES 11
KCal 678 P. 42 Lip. 29 H.C. 65 Sopa de ave con fideos Estofado de ternera con verduras a la cazadora Fruta / Pan Fowl soup with noodles Veal stew with vegetables in hunter sauce Fruit / Bread	KCal 580 P. 43 Lip. 24 H.C. 50 Judías verdes rehogadas Muslo de pollo asado con lechuga Fruta / Pan Sautéed green beans Grilled chicken thigh with lettuce Fruit / Bread	KCal 620 P. 37 Lip. 15 H.C. 83 Lentejas con verdura Huevos con tomate Fruta / Pan Lentils with vegetables Eggs with tomato Fruit / Bread	KCal 895 P. 20 Lip. 26 H.C. 148 Arroz con tomate Empanadillas de atún con ensalada Yogurt natural azucarado / Pan Rice with tomato sauce Small tuna patties with salad Naturally sweetened yogurt / Bread	KCal 635 P. 35 Lip. 17 H.C. 87 Alubias rojas con verdura Filete de merluza romana con limón Fruta / Pan Red beans with vegetables Battered hake fillet with lemon Fruit / Bread
LUNES 14	MARTES 15	MIERCOLES 16	JUEVES 17	VIERNES 18
KCal 855 P. 40 Lip. 34 H.C. 98 Macarrones boloñesa Escalope de cerdo con lechuga Fruta / Pan Bolognese macaroni Pork escalope with lettuce Fruit / Bread	KCal 681 P. 44 Lip. 18 H.C. 87 Garbanzos con verdura Bacalao en salsa verde Fruta / Pan Chickpeas with vegetables Baked cod in green sauce Fruit / Bread	KCal 677 P. 23 Lip. 28 H.C. 85 Guisantes rehogados Tortilla de patata con lechuga Fruta / Pan Sautéed peas Spanish omelette with lettuce Fruit / Bread	KCal 818 P. 34 Lip. 31 H.C. 106 Arroz con salchichas y chorizo Merluza en salsa meniere Yogurt sabores / Pan Rice with sausages and chorizo Hake in meunière sauce Different flavors yogurt / Bread	KCal 554 P. 35 Lip. 19 H.C. 63 Crema de calabaza y zanahoria Pechugas de pollo rebozadas con ensalada Fruta / Pan Pumpkin and carrot cream Breaded chicken breasts with salad Fruit / Bread
LUNES 21	MARTES 22	MIERCOLES 23	JUEVES 24	VIERNES 25
KCal 880 P. 28 Lip. 25 H.C. 140 Paella San jacob con lechuga Fruta / Pan Paella San Jacobo with lettuce Fruit / Bread	KCal 699 P. 57 Lip. 18 H.C. 80 Lentejas con chorizo Estofado de pavo con verduras Fruta / Pan Lentils with chorizo Turkey stew with vegetables Fruit / Bread	KCal 640 P. 27 Lip. 31 H.C. 64 Menestra de verduras Hamburguesa de vacuno al horno con tomate y pimientos Fruta / Pan Vegetable stew Baked veal hamburger with tomato and peppers Fruit / Bread	KCal 837 P. 39 Lip. 29 H.C. 104 Espaguetis napolitana Medallones de gallineta con piperrada Yogurt natural azucarado / Pan Neapolitan spaghetti Redfish slice with peppers Naturally sweetened yogurt / Bread	KCal 728 P. 32 Lip. 24 H.C. 97 Alubias blancas con verdura Salchichas frankfurt con tomate y patatas fritas Fruta / Pan White beans with vegetables Frankfurters with tomato and chips Fruit / Bread
LUNES 28	MARTES 29	MIERCOLES 30	JUEVES 31	VIERNES
KCal 1087 P. 43 Lip. 63 H.C. 85 Ensaladilla rusa Lomo fresco de cerdo empanado con lechuga Fruta / Pan Russian salad Breaded fresh pork loin with lettuce Fruit / Bread	KCal 643 P. 37 Lip. 19 H.C. 82 Patatas en salsa verde Pechugas de pollo en salsa de champiñón Fruta / Pan Potatoes in green sauce Chicken breasts in mushroom sauce Fruit / Bread	KCal 676 P. 26 Lip. 19 H.C. 99 Garbanzos con verdura Huevos villarroy con lechuga Fruta / Pan Chickpeas with vegetables Villarroy eggs with lettuce Fruit / Bread	KCal 653 P. 38 Lip. 24 H.C. 72 Arroz tres delicias Bacalao en salsa verde Yogurt sabores / Pan Fried rice Baked cod in green sauce Different flavors yogurt / Bread	