



Curso 2016/2017  
**MENÚ SEPTIEMBRE**



# SAN ANTONIO DE PADUA



LUNES	MARTES	MIERCOLES	JUEVES 7	VIERNES 8
			KCal 587 P. 15 Lip. 22 H.C. 81 Puré de verdura Tortilla de patata con ensalada Fruta / Pan Vegetable cream Spanish omelette with salad Fruit / Bread	KCal 704 P. 34 Lip. 23 H.C. 91 Alubias blancas con verdura Hamburguesa de ternera 100% en salsa jardinera Fruta / Pan White beans with vegetables 100% veal hamburger in vegetable sauce Fruit / Bread
LUNES 11	MARTES 12	MIERCOLES 13	JUEVES 14	VIERNES 15
KCal 736 P. 27 Lip. 23 H.C. 110 Arroz con tomate Filete de merluza romana con lechuga Fruta / Pan Rice with tomato sauce Battered hake fillet with lettuce Fruit / Bread	KCal 645 P. 44 Lip. 24 H.C. 62 Menestra de verduras Estofado de pavo en salsa rubia Fruta / Pan Vegetable stew Turkey stew roux Fruit / Bread	KCal 627 P. 30 Lip. 19 H.C. 79 Patatas a la riojana Huevos con tomate Yogurt sabores / Pan Rioja potatoes Eggs with tomato Different flavors yogurt / Bread	KCal 835 P. 32 Lip. 40 H.C. 88 Macarrones carbonara Alitas de pollo con ensalada Fruta / Pan Carbonara macaroni Chicken wings with salad Fruit / Bread	KCal 768 P. 26 Lip. 18 H.C. 124 Garbanzos con verdura Empanadillas de atún con ensalada Fruta / Pan Chickpeas with vegetables Small tuna patties with salad Fruit / Bread
LUNES 18	MARTES 19	MIERCOLES 20	JUEVES 21	VIERNES 22
KCal 783 P. 31 Lip. 30 H.C. 100 Lentejas con verdura Nuggets de pollo con lechuga Fruta / Pan Lentils with vegetables Chicken nuggets with lettuce Fruit / Bread	KCal 821 P. 24 Lip. 38 H.C. 99 Coditos salteados con champiñón y bacon Medallones de merluza en salsa verde Fruta / Pan Macaroni sautéed with mushroom and bacon Hake slice in green sauce Fruit / Bread	KCal 778 P. 24 Lip. 45 H.C. 69 Judías verdes rehogadas Albóndigas de vacuno a la jardinera Yogurt natural azucarado / Pan Sautéed green beans Veal meatballs with mixed vegetables Naturally sweetened yogurt / Bread	KCal 695 P. 46 Lip. 19 H.C. 86 Alubias blancas con verdura Lomo adobado de cerdo con lechuga Fruta / Pan White beans with vegetables Marinated pork loin with lettuce Fruit / Bread	KCal 732 P. 22 Lip. 24 H.C. 111 Paella Tortilla de patata con ensalada Fruta / Pan Paella Spanish omelette with salad Fruit / Bread
LUNES 25	MARTES 26	MIERCOLES 27	JUEVES 28	VIERNES 29
KCal 601 P. 29 Lip. 22 H.C. 72 Arroz tres delicias Hamburguesa de vacuno al horno en salsa jardinera Fruta / Pan Fried rice Baked veal hamburger in vegetable sauce Fruit / Bread	KCal 570 P. 44 Lip. 24 H.C. 47 Borrajás estofadas Muslo de pollo asado con lechuga Fruta / Pan Borages stew Grilled chicken thigh with lettuce Fruit / Bread	KCal 771 P. 36 Lip. 26 H.C. 98 Alubias rojas con verdura Salchichas frankfurt con tomate y patatas cuadro Yogurt sabores / Pan Red beans with vegetables Frankfurters with tomato and diced potatoes Different flavors yogurt / Bread	KCal 743 P. 36 Lip. 22 H.C. 101 Tallarines napolitana Bacalao romana con ensalada Fruta / Pan Neapolitan tagliatelle Battered cod with salad 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