

# FEBRERO FEBRUARY

menús 2do trimestre · curso 2017-2018 / 2nd trimester menus · 2017-2018 school year

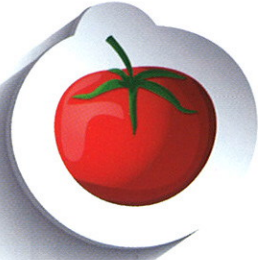
Lunes MONDAY

Martes TUESDAY

Miércoles WEDNESDAY

Jueves THURSDAY

Viernes FRIDAY



**01** Kcal.625 Hc.84 Lip.18 Prot.36

- Puré de verduras
- Pechuga de pollo en salsa de champiñones
- Fruta

**02** Kcal.670 Hc.102 Lip.13 Prot.42

- Alubias blanca estofadas
- Merluza en salsa marinera con guisantes
- Yogur

- Creamed vegetables
- Chicken breast with sauce and mushrooms
- Fruit

- Bean stew
- Hake sauce with peas "marinera"
- Yoghurt

**05** Kcal.809 Hc.129 Lip.26 Prot.22

- Arroz con tomate
- Hamburguesa casera a la plancha con ensalada
- Fruta

- White with tomato sauce
- Grilled burger with salad
- Fruit

**06** Kcal.631 Hc.71 Lip.22 Prot.39

- Judías verdes rehogadas
- Lomo de sajonia con patatas
- Yogur

- Green beans stew
- Pork chop with french fries
- Yoghurt

**07** Kcal.691 Hc.110 Lip.14 Prot.35

- Garbanzos con verdura
- Merluza en salsa de manzana
- Fruta

- Chickpea stew
- Hake in apple sauce
- Fruit

**08** Kcal.631 Hc.84 Lip.16 Prot.40

- Patatas a la riojana
- Pollo asado con verduras
- Yogur

- Potatoes with spicy
- Roast chicken with vegetables
- Yoghurt

**09** Kcal.704 Hc.110 Lip.17 Prot.31

- Lentejas con verdura
- Hamburguesa de calamar con mahonesa
- Fruta

- Lentils with vegetables
- Squid burger with mayonnaise
- Fruit

**12** Kcal.762 Hc.81 Lip.32 Prot.39

- Puré de verduras
- Lomo adobado plancha con patatas fritas
- Yogur

- Creamed vegetables
- Griddle marinated tenderloin with french fries
- Yoghurt

**13** Kcal.703 Hc.102 Lip.21 Prot.28

- Cocido montañés
- Tortilla de patatas con tomate
- Fruta

- Mountain stew
- Spanish omelette with tomato
- Fruit

**14** Kcal.615 Hc.91 Lip.14 Prot.33

- Sopa maravilla
- Pavo estofado con patatitas
- Fruta

- Noodle soup
- Turkey stew with potatoes and vegetables
- Fruit

**15** Kcal.642 Hc.94 Lip.13 Prot.42

- Alubias pintas estofadas
- Merluza en salsa verde con guisantes
- Yogur

- Pinto bean stew
- Hake in green sauce with peas
- Yoghurt

**16** Kcal.824 Hc.112 Lip.27 Prot.34

- Macarrones con atún
- Albóndigas a la jardinera
- Fruta

- Macaroni with tuna
- Meatballs with vegetables
- Fruit

**19** Kcal.636 Hc.77 Lip.23 Prot.35

- Crema de calabacín
- Bacalao al horno con piperrada
- Yogur

- Creamed courgettes
- Baked cod with piperrada
- Yoghurt

**20** Kcal.787 Hc.110 Lip.19 Prot.49

- Garbanzos con espinacas
- Guisado de ternera con patatas
- Fruta

- Chickpeas with spinach
- Beef stew with vegetables eusko label
- Fruit

**21** Kcal.831 Hc.128 Lip.26 Prot.25

- Arroz alicantina
- San jacob con ensalada
- Flan de vainilla

- Alicante style rice
- Ham cordon bleu with salad
- Vanilla flan

**22**

**FIESTA**

**NOT SCHOOL**

**23**

**FIESTA**

**NOT SCHOOL**

**26**

**FIESTA**

**NOT SCHOOL**

**27**

**FIESTA**

**NOT SCHOOL**

**28** Kcal.754 Hc.115 Lip.23 Prot.26

- Caracolillos napolitana
- Tortilla de calabacín con ensalada
- Fruta

- Macaroni napolitana
- Zucchini omelette with salad
- Fruit

