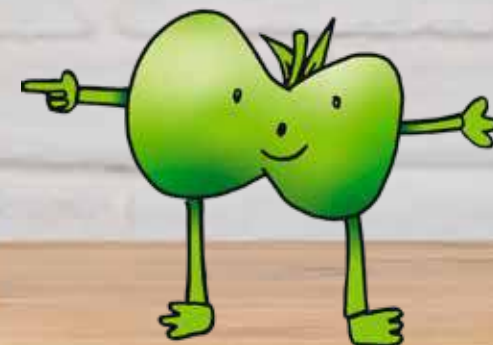


# menú escolar

Curso 21-22  
2º trimestre

1C\_TCRG



**lunes**  
**monday**

**martes**  
**tuesday**

**miércoles**  
**wednesday**

**jueves**  
**thursday**

**viernes**  
**friday**



|                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>10</b> Pure de calabacín<br/>Cream of zucchini soup</p> <p>Tortilla de patatas<br/>Ensalada primavera<br/>Spanish omelette<br/>Salad</p> <p>Yogur<br/>Yogurt</p> <p>KCal.785 / HC.97 / Lip.33 / Prt.24</p>                                                   | <p><b>11</b> Lentejas con verdura<br/>Lentil vegetable stew</p> <p>Gallineta en salsa con judía verde<br/>Baked steak scorpionfish</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.666 / HC.99 / Lip.15 / Prt.34</p>      | <p><b>12</b> Caracolillos con tomate y queso<br/>Cheesy pasta with tomato sauce</p> <p>Hamburguesa a la plancha<br/>Guisantes salteados<br/>Grilled burger<br/>Salted green peas</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.802 / HC.97 / Lip.29 / Prt.38</p> | <p><b>13</b> Negritos con arroz integral<br/>Black bean stew with rice</p> <p>Merluza a la romana<br/>Ensalada primavera<br/>Hake in batter<br/>Salad</p> <p>Yogur<br/>Yogurt</p> <p>KCal.846 / HC.98 / Lip.31 / Prt.44</p> | <p><b>14</b> Menestra de verduras<br/>Vegetable stew</p> <p>Lomo adobado plancha<br/>Calabacín con champiñón al horno<br/>Griddle marinated tenderloin</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.773 / HC.101 / Lip.27 / Prt.33</p> |
| <p><b>17</b> Marmitaco de atún<br/>Fish &amp; potato stew</p> <p>Tortilla francesa<br/>Calabacín orly<br/>French omelette<br/>Fried zucchini</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.655 / HC.90 / Lip.22 / Prt.25</p>                            | <p><b>18</b> Garbanzos ecológicos con espinacas<br/>Ecological chickpeas with spinach</p> <p>Bacalao al horno con piperrada<br/>Baked cod with piperade</p> <p>Actimel<br/>"Actimel"</p> <p>KCal.693 / HC.93 / Lip.18 / Prt.39</p> | <p><b>19</b> Arroz con salchichas<br/>Rice with sausages</p> <p>Pechuga de pollo con champiñones<br/>Ensalada primavera<br/>Chicken breast with mushrooms<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.768 / HC.103 / Lip.24 / Prt.34</p>             | <p><b>20</b> Cocido montañés<br/>"Cantabrian" stew</p> <p>Filete de merluza con pisto<br/>Hake with tomato<br/>sauce and peppers</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.781 / HC.89 / Lip.30 / Prt.38</p> | <p><b>21</b> Pure de verduras<br/>Cream of vegetable soup</p> <p>Pavo guisado con verduras<br/>Patata asada<br/>Turkey stew with vegetables<br/>Potatoes</p> <p>Yogur<br/>Yogurt</p> <p>KCal.792 / HC.106 / Lip.27 / Prt.32</p>                    |
| <p><b>24</b> Macarrones con jamón cocido<br/>Macaroni with ham</p> <p>Gallineta en salsa con judía verde<br/>Zanahoria<br/>Baked steak scorpionfish<br/>Roasted carrot</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.805 / HC.115 / Lip.24 / Prt.32</p> | <p><b>25</b> Sopa de verdura<br/>Noodle soup</p> <p>Albóndigas a la jardinera<br/>Patata asada<br/>Meatballs with vegetables<br/>Potatoes</p> <p>Yogur<br/>Yogurt</p> <p>KCal.758 / HC.96 / Lip.28 / Prt.31</p>                    | <p><b>26</b> Lentejas a la castellana<br/>Lentil with "chorizo" stew</p> <p>Tortilla de atún<br/>Ensalada primavera<br/>Tuna omelette<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.758 / HC.99 / Lip.23 / Prt.39</p>                                  | <p><b>27</b> Pure de calabaza<br/>Cream of pumpkin soup</p> <p>Ragout de cerdo con verduras y patatas<br/>Pork stew with vegetables and chips</p> <p>Yogur<br/>Yogurt</p> <p>KCal.638 / HC.83 / Lip.21 / Prt.29</p>         | <p><b>28</b> Alubias pintas con verdura<br/>Pinto bean stew</p> <p>Delicias de pescado<br/>Ensalada primavera<br/>Fish nuggets<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.818 / HC.112 / Lip.26 / Prt.34</p>               |
| <p><b>31</b> Macarrones integrales con atún<br/>Whole wheat macaroni with tuna</p> <p>Lomo de sajonia con pimiento<br/>Pork chop with peppers</p> <p>Yogur<br/>Yogurt</p> <p>KCal.771 / HC.90 / Lip.30 / Prt.35</p>                                                |                                                                                                                                                |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                    |

## lunes monday

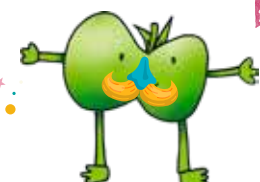


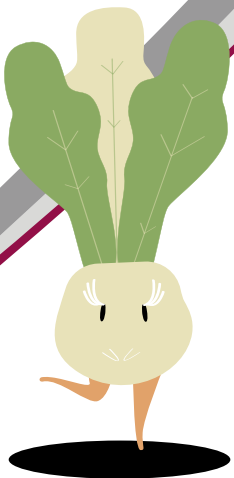
## martes tuesday

## miércoles wednesday

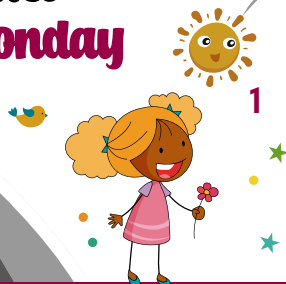
## jueves thursday

## viernes friday

|                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                   | <b>1</b><br>Pure de zanahoria<br>Cream of carrot soup<br><br>Tortilla de patatas<br>Ensalada primavera<br>Spanish omelette<br>Salad<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.751 / HC.93 / Lip.32 / Prt.24                                                                                                                                                                                                                    | <b>2</b><br>Cocido lebaniego<br>Chickpea stew<br><br>Bacalao en salsa con verduritas<br>Cod in sauce with vegetables<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.787 / HC.94 / Lip.30 / Prt.35                                                         | <b>3</b><br>Judías verdes con jamón y tomate<br>Flat green beans with tomato and ham<br><br>Alitas de pollo al ajillo<br>Patatas fritas<br>Chicken wings with garlic<br>French fries<br><br>Yogur<br>Yogurt<br><br>KCal.776 / HC.86 / Lip.34 / Prt.31 | <b>4</b><br>Lentejas ecológicas a la hortelana<br>Ecological lentils "hortelana"<br><br>Centros de merluza<br>con salsa de calabacín<br>Baked hake with<br>zucchini sauce<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.688 / HC.101 / Lip.16 / Prt.35 |
| <b>7</b><br>Patatas con chorizo<br>Potatoes with "chorizo"<br><br>Albondigas de pescado<br>Ensalada primavera<br>Fish balls with green pepper sauce<br>Salad<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.830 / HC.97 / Lip.34 / Prt.33 | <b>8</b><br>Paella vegetal<br>Rice with vegetables<br><br>Tortilla francesa con jamón cocido<br>Brócoli con refrito<br>Ham omelette<br>Broccoli with garlic sauce<br><br>Yogur<br>Yogurt<br><br>KCal.725 / HC.92 / Lip.26 / Prt.31                                                                                                                                                                                                           | <b>9</b><br>Alubias blancas con verdura<br>Bean stew<br><br>Empanadillas de atún<br>Ensalada primavera<br>Tuna small pie<br>Salad<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.813 / HC.114 / Lip.27 / Prt.28                                           | <b>10</b><br>Sopa de fideos<br>Noodle soup<br><br>Ternera IGP Cantabria<br>guisada a la jardinera<br>Beef stew with vegetables<br>"Cantabrian" label<br><br>Yogur<br>Yogurt<br><br>KCal.656 / HC.86 / Lip.21 / Prt.30                                 | <b>11</b><br>Garbanzos estofados<br>Chickpea stew<br><br>Pollo asado al limón<br>con pimientos<br>Roasted chicken with lemon<br>with peppers<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.691 / HC.92 / Lip.19 / Prt.38                               |
| <b>14</b><br>Pure de calabacín<br>Cream of zucchini soup<br><br>Tortilla de patatas<br>Ensalada primavera<br>Spanish omelette<br>Salad<br><br>Yogur<br>Yogurt<br><br>KCal.785 / HC.97 / Lip.33 / Prt.24                                            | <b>15</b><br>Lentejas a la hortelana<br>Lentil vegetable stew<br><br>Gallineta en salsa con judía verde<br>Baked steak scorpionfish<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.666 / HC.99 / Lip.15 / Prt.34                                                                                                                                                                                                                    | <b>16</b><br>Caracolillos con tomate y queso<br>Cheesy pasta with tomato sauce<br><br>Hamburguesa a la plancha<br>Guisantes salteados<br>Grilled burger<br>Salted green peas<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.802 / HC.97 / Lip.29 / Prt.38 | <b>17</b><br>Negritos con arroz integral<br>Black bean stew with rice<br><br>Merluza a la romana<br>Ensalada primavera<br>Hake in batter<br>Salad<br><br>Yogur<br>Yogurt<br><br>KCal.846 / HC.98 / Lip.31 / Prt.44                                    | <b>18</b><br>Menestra de verduras<br>Vegetable stew<br><br>Lomo adobado plancha<br>Calabacín con champiñón al horno<br>Griddle marinated tenderloin<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.773 / HC.101 / Lip.27 / Prt.33                       |
| <b>21</b><br>                                                                                                                                                   | <b>22</b><br>                                                                                                                                                                                                                                                                                                                                             | <b>23</b><br>                                                                                                                                                                 | <b>24</b><br>                                                                                                                                                    | <b>25</b><br>                                                                                                                                                               |
| <b>28</b><br>Macarrones con jamón cocido<br>Macaroni with ham<br><br>Boqueron en tempura<br>Zanahoria baby salteada<br>Tempura anchovies<br>Baby carrot<br><br>Fruta de temporada<br>Seasonal fruit<br><br>KCal.801 / HC.105 / Lip.28 / Prt.32     |      |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                  |



## lunes monday



## martes tuesday

## miércoles wednesday

## jueves thursday

## viernes friday

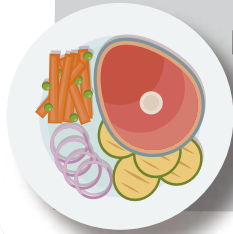
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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b></p> <p>Sopa de verdura<br/>Noodle soup</p> <p>Albóndigas a la jardinera<br/>Patata asada<br/>Meatballs with vegetables<br/>Potatoes</p> <p>Yogur<br/>Yogurt</p> <p>KCal.758 / HC.96 / Lip.28 / Prt.31</p>                                               | <p><b>2</b></p> <p>Lentejas a la castellana<br/>Lentil with "chorizo" stew</p> <p>Tortilla de atún<br/>Ensalada primavera<br/>Tuna omelette<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.758 / HC.99 / Lip.23 / Prt.39</p>    | <p><b>3</b></p> <p>Pure de calabaza<br/>Cream of pumpkin soup</p> <p>Ragout de cerdo<br/>con verduras y patatas<br/>Pork stew with vegetables<br/>and chips</p> <p>Yogur<br/>Yogurt</p> <p>KCal.638 / HC.83 / Lip.21 / Prt.29</p>                                                  | <p><b>4</b></p> <p>Alubias pintas estofadas<br/>Pinto bean stew</p> <p>Gallineta en salsa con judía verde<br/>Ensalada primavera<br/>Baked steak scorpionfish</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.792 / HC.116 / Lip.20 / Prt.37</p>              |
| <p><b>7</b></p> <p>Macarrones integrales con atún<br/>Whole wheat macaroni with tuna</p> <p>Lomo de sajonia con pimiento<br/>Pork chop with peppers</p> <p>Yogur<br/>Yogurt</p> <p>KCal.771 / HC.90 / Lip.30 / Prt.35</p>                                           | <p><b>8</b></p> <p>Pure de zanahoria<br/>Cream of carrot soup</p> <p>Tortilla de patatas<br/>Ensalada primavera<br/>Spanish omelette<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.751 / HC.93 / Lip.32 / Prt.24</p>           | <p><b>9</b></p> <p>Cocido lebaniego<br/>Chickpea stew</p> <p>Bacalao en salsa con pisto<br/>Cod in sauce with vegetables</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.787 / HC.94 / Lip.30 / Prt.35</p>                                                                | <p><b>10</b></p> <p>Judías verdes con jamón y tomate<br/>Flat green beans with tomato and ham</p> <p>Alitas de pollo al ajillo<br/>Patatas fritas<br/>Chicken wings with garlic<br/>French fries</p> <p>Yogur<br/>Yogurt</p> <p>KCal.776 / HC.86 / Lip.34 / Prt.31</p> |
| <p><b>14</b></p> <p>Patatas con chorizo<br/>Potatoes with "chorizo"</p> <p>Albóndigas de pescado<br/>Ensalada primavera<br/>Fish balls with green pepper sauce<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.830 / HC.97 / Lip.34 / Prt.33</p> | <p><b>15</b></p> <p>Paella vegetal<br/>Rice with vegetables</p> <p>Tortilla francesa con jamón cocido<br/>Brócoli con refrito<br/>Ham omelette<br/>Broccoli with garlic sauce</p> <p>Yogur<br/>Yogurt</p> <p>KCal.725 / HC.92 / Lip.26 / Prt.31</p> | <p><b>16</b></p> <p>Alubias blancas con verdura<br/>Bean stew</p> <p>Empanadillas de atún<br/>Ensalada primavera<br/>Tuna small pie<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.813 / HC.114 / Lip.27 / Prt.28</p>                                          | <p><b>17</b></p> <p>Sopa de fideos<br/>Noodle soup</p> <p>Ternera IGP Cantabria<br/>guisada a la jardinera<br/>Beef stew with vegetables<br/>"Cantabrian" label</p> <p>Yogur<br/>Yogurt</p> <p>KCal.656 / HC.86 / Lip.21 / Prt.30</p>                                  |
| <p><b>21</b></p> <p>Pure de calabacín<br/>Cream of zucchini soup</p> <p>Tortilla de patatas<br/>Ensalada primavera<br/>Spanish omelette<br/>Salad</p> <p>Yogur<br/>Yogurt</p> <p>KCal.785 / HC.97 / Lip.33 / Prt.24</p>                                             | <p><b>22</b></p> <p>Lentejas con zanahoria<br/>Lentil vegetable stew</p> <p>Gallineta en salsa con judía verde<br/>Baked steak scorpionfish</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.666 / HC.99 / Lip.15 / Prt.34</p>              | <p><b>23</b></p> <p>Caracolillos con tomate y queso<br/>Cheesy pasta with tomato sauce</p> <p>Hamburguesa a la plancha<br/>Guisantes salteados<br/>Grilled burger<br/>Salted green peas</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.802 / HC.97 / Lip.29 / Prt.38</p> | <p><b>24</b></p> <p>Negritos con arroz integral<br/>Black bean stew with rice</p> <p>Merluza a la romana<br/>Ensalada primavera<br/>Hake in batter<br/>Salad</p> <p>Yogur<br/>Yogurt</p> <p>KCal.846 / HC.98 / Lip.31 / Prt.44</p>                                     |
| <p><b>28</b></p> <p>Marmitaco de atún<br/>Fish &amp; potato stew</p> <p>Tortilla francesa<br/>Calabacín orly<br/>French omelette<br/>Fried zucchini</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.655 / HC.90 / Lip.22 / Prt.25</p>                      | <p><b>29</b></p> <p>Garbanzos ecológicos con espinacas<br/>Ecological chickpeas with spinach</p> <p>Bacalao al horno con piperrada<br/>Baked cod with piperade</p> <p>Actimel<br/>"Actimel"</p> <p>KCal.693 / HC.93 / Lip.18 / Prt.39</p>           | <p><b>30</b></p> <p>Arroz con salchichas<br/>Rice with sausages</p> <p>Pechuga de pollo con champiñones<br/>Ensalada primavera<br/>Chicken breast with mushrooms<br/>Salad</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.768 / HC.103 / Lip.24 / Prt.34</p>             | <p><b>31</b></p> <p>Cocido montañés<br/>"Cantabrian" stew</p> <p>Filete de merluza con pisto<br/>Hake with tomato<br/>sauce and peppers</p> <p>Fruta de temporada<br/>Seasonal fruit</p> <p>KCal.781 / HC.89 / Lip.30 / Prt.38</p>                                     |



## Completa con un menú adecuado de cena

### SI HEMOS COMIDO | PODEMOS CENAR

|                     |                                      |
|---------------------|--------------------------------------|
| cereales, legumbres | hortalizas crudas, legumbres cocidas |
| verduras            | cereales                             |
| carne               | pescado o huevo                      |
| pescado             | carne o huevo                        |
| huevo               | pescado o carne magra                |
| fruta               | lacteo o fruta                       |
| lacteo              | fruta                                |



## equilibra tu plato

**50%**

Verduras, ensaladas y fruta fresca de temporada  
Vegetables, salads and fresh season fruit



## balances your dish

**25%**

Patatas y pasta  
Potatoes, pasta and rice

**25%**

Legumbres, pescado, carne y huevos  
Legumes, fish, meat and eggs

### nota

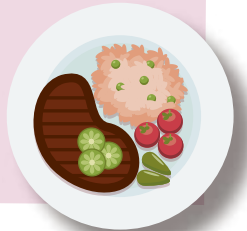


En el comedor se sirven las cantidades acordes a la edad de los niños, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades (para rango de edad entre 3 y 8 años corresponden a un 80% de la calibración indicada).  
El menú incluye agua y pan. Estos menús han sido revisados y aprobados por la dietista-nutricionista colegiada CYL00134. Por causa de fuerza mayor Ausolan se reserva el derecho de hacer cambios en el menú.

## Complete with an adequate dinner menu

### IF YOU HAVE EATEN | WE CAN HAVE DINNER

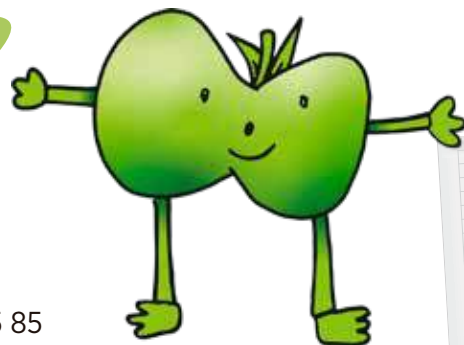
|                  |                                |
|------------------|--------------------------------|
| cereals, legumes | row vegetables, cooked legumes |
| vegetables       | cereals                        |
| meat             | fish or egg                    |
| fish             | meat or egg                    |
| egg              | fish or lean meat              |
| fruit            | dairy or fruit                 |
| dairy            | fruit                          |



## menú cena dinner menu



Lugar Barrio El Espino, 103 ·  
39619 San Salvador · T.985 26 55 85



### note

The portion served in the dining room adjusts to childrens age ranges according to their needs (ages between 3 and 8 are 80% of the nutrition facts).  
The menu includes water and bread. These menus have been checked and approved by professionals in human Nutrition and dietetics (Dietitian CYL00134). Ausolan may change the menu due to reasons of force majeure.