

## MENÚ DE DICIEMBRE DE 2018

L 3	COCIDO TORTILLA DE PATATAS Y CEBOLLA CON PIMIENTOS FRITOS REVUELTO DE HUEVOS BUFFET DE ENSALADAS FRUTA VARIADA	M 4	CREMA DE PUERROS FILETES DE LOMO A LA PLANCHA CON CHAMPIÑONES CON SALSAS A LA PIMIENTA BUFFET DE ENSALADAS FRUTA VARIADA	X 5	MACARRONES CARBONARA MERLUZA EN SALSAS VERDES BUFFET DE ENSALADAS FRUTA VARIADA	J 6	FESTIVO DÍA DE LA CONSTITUCIÓN	V 7	LENTEJAS CON CHORIZO ALITAS DE POLLO Y PINCHITOS DE POLLO PATATAS A LO POBRE BUFFET DE ENSALADAS YOGURES Y NATILLAS
L 10	SOPA DE FIDEOS HUEVOS FRITOS CON PIMIENTOS Y PATATAS BUFFET DE ENSALADAS FRUTA VARIADA	M 11	CREMA DE CALABACINES CARRILLADA CON BÉRENJENAS Y MIEL DE CAÑA BUFFET DE ENSALADAS FRUTA VARIADA	X 12	POTAJE DE GARBANZOS ROSADA A LA ANDALUZA BUFFET DE ENSALADAS FRUTA VARIADA	J 13	SOPA DE MARISCO CONTRA DE TERNERA AL HORNO PURÉ DE MANZANAS BUFFET DE ENSALADAS FRUTA EN ALMÍBAR	V 14	PAELLA MIXTA CALAMARES A LA ROMANA BUFFET DE ENSALADAS FRUTA VARIADA
L 17	ESPAGUETIS BOLOÑESA SALCHICHAS DE PAVO BUFFET DE ENSALADAS FRUTA VARIADA	M 18	CREMA REINA PECHUGA DE POLLO A LA PLANCHA PATATAS PANADERAS TEMPURA DE VERDURAS BUFFET DE ENSALADAS FRUTA VARIADA	X 19	LENTEJAS CON CHORIZO SALMÓN A LA PLANCHA BUFFET DE ENSALADAS FRUTA VARIADA	J 20	ARROZ A LA CUBANA POLLO ASADO AL HORNO PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA VARIADA	V 21	SOPA DE PICADILLO PAVO RELLENO AL HORNO CON SALSAS DE ARÁNDANOS BUFFET DE ENSALADAS MANTECADOS Y TURRONES

*Feliz  
Navidad*



# MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

<b>LUNES</b>	MOLLETE CON ACEITE DE OLIVA PETIT SUISSE	<b>MARTES</b>	ZUMO NATURAL GALLETAS NAPOLITANA	<b>MIÉRCOLES</b>	ACTIMEL SÁNDWICH PAVO	<b>JUEVES</b>	FRUTA VARIADA LECHE CON CACAO
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## SUGERENCIAS PARA LA CENA

L 3	CREMA DE ESPÁRRAGOS, PESCADO, FRUTA	M 4	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	X 5	MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA	J 6	FESTIVO DÍA DE LA CONSTITUCIÓN	V 7	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA
L 10	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	M 11	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 12	SOPA, EMPANADA DE CARNE, FRUTA	J 13	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	V 14	FILETES RUSOS, FRUTA Y YOGURT
L 17	BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE	M 18	ENSALADA, PESCADO, FRUTA	X 19	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 20	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 21	VERDURA, PESCADO, FRUTA Y VASO DE LECHE



## DECEMBER MENU 2018

<b>M</b> <b>3</b>	BROILED MEATS AND VEGETABLES WITH CHICKPEAS SOUP SPANISH OMELETTE WITH ONIONS SCRAMBLED EGGS FRIED GREEN PEPPERS SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>4</b>	CREAM OF LEEKS SOUP GRILLED PORK TENDERLOIN WITH MUSHROOMS IN PEPPER SAUCE SALAD BUFFET SEASONAL FRUIT	<b>W</b> <b>5</b>	MACARRONI CARBONARA HAKE IN GREEN SAUCE SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>h</b> <b>6</b>	NO SCHOOL	<b>F</b> <b>7</b>	LENTIL STEW WITH SPANISH SAUSAGE CHICKEN WINGS AND SKEWERS POTATOES WITH ONIONS AND GREEN PEPPERS SALAD BUFFET YOGHURTS AND CUSTARD
<b>M</b> <b>10</b>	CHICKEN NOODLE SOUP FRIED EGGS WITH GREEN PEPPERS AND POTATOES SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>11</b>	CREAM OF ZUCCHINI SOUP STEWED PORK CHEEKS WITH FRIED EGGPLANT AND HONEY SALAD BUFFET SEASONAL FRUIT	<b>W</b> <b>12</b>	CHICKPEAS AND MEAT STEW PINK ROCKFISH ANDALUSIAN STYLE SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>h</b> <b>13</b>	SEASHELL SOUP BAKED BEEF TENDERLOIN WITH APPLE SAUCE SALAD BUFFET FRUIT IN SYRUP	<b>F</b> <b>14</b>	MIXED PAELLA BATTERED FRIED SQUID SALAD BUFFET SEASONAL FRUIT
<b>M</b> <b>17</b>	SPAGUETTI BOLOGNESE TURKEY SAUSAGES SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>18</b>	CREAM OF VEGETABLE SOUP GRILLED CHICKEN BREASTS SPANISH POTATOES VEGETABLES TEMPURA SALAD BUFFET SEASONAL FRUIT	<b>W</b> <b>19</b>	LENTIL STEW WITH SPANISH SAUSAGE GRILLED SALMON SALAD BUFFET SEASONAL FRUIT	<b>T</b> <b>h</b> <b>20</b>	RICE WITH TOMATO SAUCE AND FRIED EGGS LEMON ROASTED CHICKEN SPANISH STYLE POTATOES SALAD BUFFET SEASONAL FRUIT	<b>F</b> <b>21</b>	GARNISHED CHICKEN SOUP STUFFED TURKEY WITH CRANBERRY SAUCE SALAD BUFFET MANTECADOS AND NOUGATS

*Merry  
Christmas*

# TEA (PRE-SCHOOL AND FIRST CYCLE OF PRIMARY EDUCATION)

<b>MONDAY</b>	BREAD ROLL WITH OLIVE OIL PETIT SUISSE	<b>TUESDAY</b>	FRESHLY SQUEEZE JUICE CINNAMON BISCUITS	<b>WEDNESDAY</b>	ACTIMEL TURKEY BREAD ROLL	<b>THURSDAY</b>	VARIETY OF FRUITS CHOCOLATE MILK
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## DINNER SUGGESTION

M 3	ASPARAGUS SOUP, TURKEY SAUSAGES, FRUIT	T 4	MIXED SALAD, CHEESE OMELETTE, YOGHURT	W 5	MIXED VEGETABLES, CHEESE & HAM SÁNDWICH, FRUIT	Th 6	HOLIDAY	F 7	SPINACH SALAD, ROAST DORADA, FRUIT
M 10	SALMON SANDWICH, YOGHURT AND FRUIT	T 11	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 12	SOUP, MEAT PIE, FRUIT	Th 13	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	F 14	RUSSIAN FILLETS, FRUIT AND YOGHURT
M 17	BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK	T 18	SALAD, FISH, FRUIT	W 19	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 20	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 21	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK