

MENÚ DE ENERO DE 2019

	M 8	HUEVOS FRITOS CON PATATAS Y PIMIENTOS BUFFET DE ENSALADAS FRUTA VARIADA	X 9	LENTEJAS CON CHORIZO ROSADA A LA ROMANA BUFFET DE ENSALADAS FRUTA VARIADA	J 10	SOPA MARISCOS POLLO ASADO AL LIMÓN PATATAS PANADERAS BUFFET DE ENSALADAS FRUTA VARIADA	V 11	PAELLA MIXTA LENGUADO A LA PLANCHA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA		
L 14		PIZZAS CASERAS SALCHICHAS DE PAVO BUFFET DE ENSALADAS FRUTA VARIADA	M 15	CREMA DE CALABAZA ALITAS DE POLLO PECHUGA DE POLLO PLANCHA VERDURAS EN TEMPURA FRUTA EN ALMÍBAR	X 16	LENTEJAS ESTOFADAS SALMÓN A LA PLANCHA BUFFET DE ENSALADAS FRUTA VARIADA	J 17	SOPA DE PESCADO CONTRA DE TERNERA AL HORNO PURÉ DE MANZANAS BUFFET DE ENSALADAS FRUTA VARIADA	V 18	JUDÍAS BLANCAS ESTOFADAS BOQUERONES A LA ROMANA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 21		TORTILLA DE PATATAS REVUELTO DE HUEVOS PIMIENTOS DEL PADRÓN BUFFET DE ENSALADAS FRUTA VARIADA	M 22	CREMA DE CALABAZAS HAMBURGUESAS (POLLO, TERNERA Y CERDO) PATATAS ESPAÑOLAS BUFFET DE ENSALADAS FRUTA VARIADA	X 23	TALLARINES CON QUESO ROSADA A LA ROMANA BUFFET DE ENSALADAS FRUTA VARIADA	J 24	LENTEJAS ESTOFADAS CROQUETAS DE LA ABUELA BUFFET DE ENSALADAS FRUTA VARIADA	V 25	ENSALADILLA RUSA CALAMARES A LA ROMANA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 28		MACARRONES BOLOÑESA FILETES DE TERNERA PLANCHA BUFFET DE ENSALADAS FRUTA VARIADA	M 29	CREMA DE PUERROS ALBÓNDIGAS CASERAS (POLLO, TERNERA, CERDO) BUFFET DE ENSALADAS FRUTA VARIADA	X 30	POTAJE DE GARBANZOS BOQUERONES Y CHANQUETILLOS BUFFET DE ENSALADAS FRUTA VARIADA	J 31	CAZUELA DE ALMEJAS FILETES DE LOMO PLANCHA PATATAS PANADERAS BUFFET DE ENSALADAS FRUTA VARIADA		

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

LUNES	MOLLETE CON ACEITE DE OLIVA PETIT SUISE	MARTES	ZUMO NATURAL GALLETAS NAPOLITANA	MIÉRCOLES	ACTIMEL SÁNDWICH PAVO	JUEVES	FRUTA VARIADA LECHE CON CACAO
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SUGERENCIAS PARA LA CENA

	M 8	ENSALADA, PESCADO, FRUTA	X 9	MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA	J 10	FILETES RUSOS, FRUTA Y YOGURT	V 11	CREMA DE ESPÁRRAGOS, SALCHICHAS DE PAVO, FRUTA
L 14	M 15	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	X 16	SOPA, EMPANADA DE CARNE, FRUTA	J 17	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	V 18	CARNE, FRUTA Y YOGURT
L 21	M 22	BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE	X 23	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 24	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 25	VERDURA, PESCADO, FRUTA Y VASO DE LECHE
L 28	M 29	CREMA DE ESPÁRRAGOS, PESCADO, FRUTA	X 30	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA	J 31	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT		

JANUARY MENU 2019

	T 8	FRIED EGGS WITH POTATOES AND FRIED GREEN PEPPERS SALAD BUFFET VARIETY OF FRUIT	W 9	LENTILS STEW WITH SPANISH SAUSAGE PINK ROCKFISH IN BATTER SALAD BUFFET VARIETY OF FRUIT	T h 10	SEAFOOD SOUP LEMON ROASTED CHICKEN HOME STYLE POTATOES SALAD BUFFET VARIETY OF FRUIT	F 11	MIXED PAELLA GRILLED SOLE SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUITS		
M 14		HOMEMADE PIZZA TURKEY SAUSAGES SALAD BUFFET VARIETY OF FRUIT	T 15	CREAM OF PUMPKIN SOUP CHICKEN WINGS GRILLED CHICKEN BREAST TEMPURA OF VEGETABLES FRUIT IN SYRUP	W 16	LENTILS STEW GRILLED SALMON SALAD BUFFET VARIETY OF FRUIT	T h 17	FISH SOUP ROASTED BEEF TENDERLOIN APPLE SAUCE SALAD BUFFET VARIETY OF FRUIT	F 18	WHITE BEANS STEW BATTERED ANCHOVIES SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUIT
M 21		SPANISH OMELETTE (POTATOES AND ONIONS) SCRAMBLED EGGS FRIED PADRÓN PEPPERS SALAD BUFFET VARIETY OF FRUIT	T 22	CREAM OF PUMPKIN SOUP HOMEMADE HAMBURGERS (CHICKEN, BEEF, PORK) POTATOES SPANISH STYLE SALAD BUFFET VARIETY OF FRUIT	W 23	CHEESE NOODLES PINK ROCKFISH IN BATTER SALAD BUFFET VARIETY OF FRUIT	T h 24	LENTILS STEW CHICKEN CROQUETTES SALAD BUFFET VARIETY OF FRUIT	F 25	POTATO SALAD SQUID RINGS IN BATTER SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUIT
M 28		MACARONI BOLOGNESE GRILLED BEEF STEAK SALAD BUFFET VARIETY OF FRUIT	T 29	CREAM OF LEEK SOUP HOMEMADE MEATBALLS (CHICKEN, PORK, BEEF) SALAD BUFFET VARIETY OF FRUIT	W 30	CHICKPEAS STEW FRIED ANCHOVIES AND BABY ANCHOVIES SALAD BUFFET VARIETY OF FRUIT	T h 31	CLAMS STEW GRILLED PORK STEAK SPANISH STYLE POTATOES SALAD BUFFET VARIETY OF FRUIT		

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

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

	T 8	MIXED SALAD, CHEESE OMELETTE, YOGHURT	W 9	MIXED VEGETABLES, CHEESE & HAM SÁNDWICH, FRUIT	Th 10	RUSSIAN FILLETS, FRUIT AND YOGHURT	F 11	ASPARAGUS SOUP, TURKEY SAUSAGES, FRUIT		
M 14	T 15	SALMON SANDWICH, YOGHURT AND FRUIT	W 16	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	Th 17	SOUP, MEAT PIE, FRUIT	F 18	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	M 21	MEAT, FRUIT AND YOGHURT
M 21	T 22	BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK	W 23	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 24	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 25	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	M 28	ASPARAGUS SOUP, TURKEY SAUSAGES, FRUIT
	T 29	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 30	SPINACH SALAD, ROAST DORADA, FRUIT	Th 31	MIXED SALAD, CHEESE OMELETTE, YOGHURT				