

MENÚ DE FEBRERO DE 2019

					V 1	PAELLA MIXTA LENGUADO A LA PLANCHA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 4	M 5	X 6	J 7	V 8	LASAÑA SALCHICHAS DE PAVO BUFFET DE ENSALADAS FRUTA VARIADA	FABADA ASTURIANA CALAMARES A LA ROMANA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 11	M 12	X 13	J 14	V 15	COCIDO FILETE DE LOMO A LA PLANCHA CALABACÍN REBOZADO CON MIEL DE CAÑA BUFFET DE ENSALADAS FRUTA VARIADA	PAELLA MIXTA BOQUERONES A LA ANDALUZA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
L 18	M 19	X 20	J 21	V 22	CREMA DE CALABAZA ALITAS DE POLLO PECHUGA DE POLLO PLANCHA VERDURAS EN TEMPURA FRUTA EN ALMÍBAR	ENSALADILLA RUSA CALAMARES A LA ROMANA BUFFET DE ENSALADAS YOGURES Y NATILLAS FRUTA VARIADA
					MACARRONES CARBONARA SALMÓN A LA PLANCHA BUFFET DE ENSALADAS FRUTA ALMÍBAR	
					POTAJE DE GARBANZOS CON ESPINACAS ROSADA A LA ANDALUZA BUFFET DE ENSALADAS FRUTA EN ALMÍBAR	
					CAZUELA DE ALMEJAS CON PATATAS CONTRA DE TERNERA ASADA CON PURÉ DE MANZANA PATATAS A LO POBRE BUFFET DE ENSALADAS FRUTA VARIADA	
					SOPA DE MARISCO POLLO ASADO AL LIMÓN PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA VARIADA	
					CREMA DE CALABACINES PECHUGA DE POLLO A LA PLANCHA PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA VARIADA	
					CREMA DE PUERROS MAGRO DE CERDO CON TOMATE PATATAS PANADERAS BUFFET DE ENSALADAS FRUTA VARIADA	

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

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



						V 1	CREMA DE ESPÁRRAGOS, SALCHICHAS DE PAVO, FRUTA
L 4	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	M 5	MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA	X 6	SOPA, EMPANADA DE CARNE, FRUTA	J 7	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE
L 11	BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE	M 12	ENSALADA, PESCADO, FRUTA	X 13	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 14	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA
L 18	CREMA DE ESPÁRRAGOS, PESCADO, FRUTA	M 19	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 20	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 21	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA
						J 22	FILETES RUSOS, FRUTA Y YOGURT

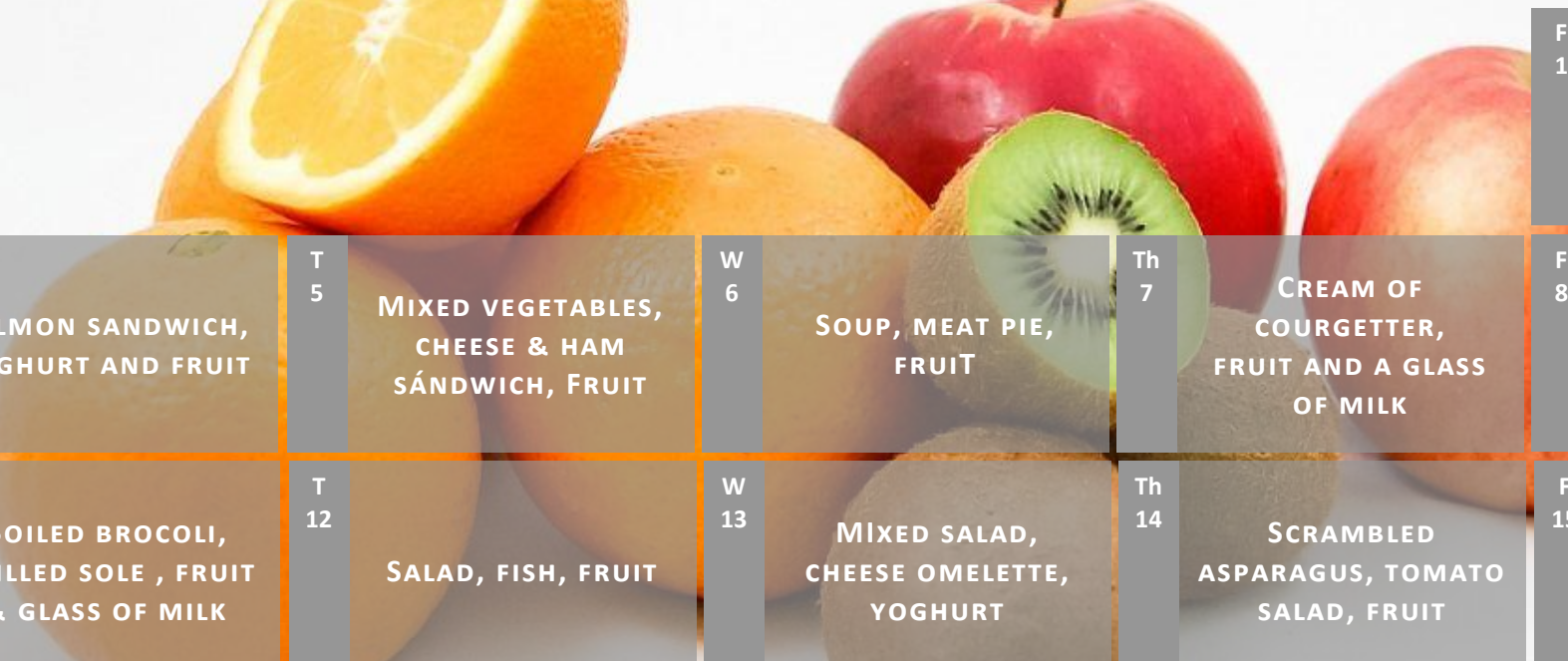
FEBRUARY MENU 2019

					F 1	MIXED PAELLA GRILLED SOLE SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUITS			
M 4	LASAGNA TURKEY SAUSAGES SALAD BUFFET VARIETY OF SEASONAL FRUITS	T 5	CREAM OF PUMPKIN SOUP CHICKEN WINGS GRILLED CHICKEN BREAST VEGETABLE TEMPURA FRUIT IN SYRUP	W 6	LENTIL STEW WITH SPANISH SAUSAGE BATTERED PINKROCK FISH SALAD BUFFET VARIETY OF FRESH FRUITS	T h 7	CLAMS AND POTATOES SOUP BEEF TENDERLOIN WITH APPLE SAUCE SALAD BUFFET VARIETY OF SEASONAL FRUITS	F 8	WHITE BEAN STEW ASTURIAN STYLE BATTERED SQUID RINGS (CALAMARES) SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUITS
M 11	BROILED MEATS, VEGETABLES AND CHICKPEAS SOUP GRILLED PORK TENDERLOIN BATTERED AUBERGINE WITH HONEY SALAD BUFFET VARIETY OF SEASONAL FRUITS	T 12	CREAM OF ZUCCHINI SOUP GRILLED CHICKEN BREAST POTATOES SPANISH STYLE SALAD BUFFET VARIETY OF FRESH FRUITS	W 13	MACARONI CARBONARA GRILLED SALMON SALAD BUFFET FRUIT IN SYRUP	T h 14	LENTIL STEW STUFFED TURKEY WITH CRANBERRY SAUCE SALAD BUFFET VARIETY OF SEASONAL FRUITS	F 15	MIXED PAELLA FRIED ANCHOVIES ANDALUSIAN STYLE SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUITS
M 18	HOMEMADE PIZZAS GRILLED BEEF TENDERLOIN SAUTÉED VEGETABLES SALAD BUFFET VARIETY OF SEASONAL FRUITS	T 19	CREAM OF LEEK SOUP PORK TENDERLOIN IN TOMATO SAUCE HOMEMADE CHIPS SALAD BUFFET VARIETY OF SEASONAL FRUITS	W 20	CHICK PEAS AND SPINACH STEW BATTERED PINKROCK FISH SALAD BUFFET FRUIT IN SYRUP	T h 21	SHELLFISH SOUP ROASTED LEMON CHICKEN POTATOES SPANISH STYLE SALAD BUFFET VARIETY OF FRESH FRUITS	F 22	POTATO SALAD BATTERED SQUID RINGS (CALAMARES) SALAD BUFFET YOGHURTS AND CUSTARD VARIETY OF FRUITS

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



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M 4	SALMON SANDWICH, YOGHURT AND FRUIT	T 5	MIXED VEGETABLES, CHEESE & HAM SÁNDWICH, FRUIT	W 6	SOUP, MEAT PIE, FRUIT	Th 7	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	F 8	MEAT, FRUIT AND YOGHURT
M 11	BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK	T 12	SALAD, FISH, FRUIT	W 13	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 14	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 15	VEGETABLES, MEAT, FRUIT AND A GLASS OF MILK
M 18	ASPARAGUS SOUP, TURKEY SAUSAGES, FRUIT	T 19	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 20	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 21	SPINACH SALAD, ROAST DORADA, FRUIT	Th 22	RUSSIAN FILLETS, FRUIT AND YOGHURT