



COLEGIO
ALBORÁN
— MARBELLA —

MENÚ DE DICIEMBRE DE 2019

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|---------|---|---------|---|---------|---|---------|--|---------|--|
| L 2 | COCIDO TORTILLA DE PATATAS Y CEBOLLA CON PIMIENTOS FRITOS BUFFET DE ENSALADAS SALTEADO DE QUINOA FRUTA DE TEMPORADA (MANZANAS, PERAS, MANDARINAS) | M 3 | CREMA DE CALABACINES BERENJENAS CON MIEL DE CAÑA CARRILLADA BUFFET DE ENSALADAS MENESTRA DE VERDURA FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANZANA) | X 4 | MACARRONES CARBONARA MERLUZA EN SALSA VERDE BUFFET DE ENSALADAS VERDURAS SALTEADAS FRUTA DE TEMPORADA (NARANJAS, PERAS, MANZANAS) | J 5 | LENTEJAS CON CHORIZO FILETES DE LOMO IBÉRICO A LA PLANCHA CON PATATAS ASADAS AL HORNO BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, MANDARINAS, MANZANAS) | V 6 | FESTIVO DÍA DE LA CONSTITUCIÓN |
| L 9 | FESTIVO PUENTE DE LA CONSTITUCIÓN | M 10 | CREMA REINA PECHUGA DE POLLO A LA PLANCHA PATATAS ASADAS AL HORNO JUDÍAS VERDES SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, UVAS Y PERAS) | X 11 | POTAJE DE GARBANZOS ROSADA EN ADOBO GUISANTES CON JAMÓN BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, MANZANAS, MANDARINAS) | J 12 | SOPA DE MARISCOS CONTRA DE TERNERA AL HORNO PURÉ DE MANZANAS VERDURAS SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, NARANJAS, PLÁTANOS) | V 13 | PAELLA MIXTA CALAMARES A LA ROMANA BUFFET DE ENSALADAS FRUTA DE TEMPORADA NATILLAS Y YOGURÉS VARIADOS |
| L 16 | ESPAGUETIS BOLOÑESA SALCHICHAS DE PAVO MENESTRA DE VERDURAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (UVAS, PLÁTANOS, PERAS) | M 17 | CREMA DE CALABAZA FILETES DE TERNERA A LA PLANCHA SALTEADO DE CHAMPIÑONES BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, MANZANAS, PERAS) | X 18 | LENTEJAS ESTOFADAS SALMÓN NORUEGO A LA PLANCHA VERDURAS SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, UVAS, PERAS) | J 19 | FABADA POLLO ASADO AL HORNO PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, MANDARINAS, MANZANAS) | V 20 | SOPA DE PICADILLO PAVO RELLENO AL HORNO CON SALSA DE ARÁNDANOS BUFFET DE ENSALADAS MANTECADOS Y TURRONES |

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

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| LUNES | MOLLETE CON ACEITE DE OLIVA O PAVO LECHE CON CACAO | MARTES | FRUTA DE TEMPORADA (MANZANAS Y PERAS) | MIÉRCOLES | MOLLETE DE CREMA DE QUESO | JUEVES | FRUTA DE TEMPORADA (MANZANAS Y PERAS) |
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SUGERENCIAS PARA LA CENA

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| L 2 | CREMA DE ESPÁRRAGOS, PESCADO, FRUTA | M 3 | ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT | X 4 | MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA | J 5 | ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA | V 6 | FESTIVO DÍA DE LA CONSTITUCIÓN |
| L 9 | FESTIVO PUENTE DE LA CONSTITUCIÓN | M 10 | VERDURA, PESCADO, FRUTA Y VASO DE LECHE | X 11 | SOPA, EMPANADA DE CARNE, FRUTA | J 12 | CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE | V 13 | FILETES RUSOS, FRUTA Y YOGURT |
| L 16 | BRÓCOLI HERVIDO, LENGUADO A LA PLANCHA, FRUTA Y VASO DE LECHE | M 17 | ENSALADA, PESCADO, FRUTA | X 18 | ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT | J 19 | REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA | V 20 | VERDURA, PESCADO, FRUTA Y VASO DE LECHE |



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| M 2 | BROILED CHICKEN MEAT WITH CHICK PEAS AND VEGETABLES SOUP SPANISH OMELETTE (POTATOES AND ONIONS) GREEN FRIED PEPPERS SALAD BUFFET SAUTÉED QUINOA SEASONAL FRUIT (APPLES, PEARS, MANDARINES) | T 3 | CREAM OF ZUCCHINI SOUP AUBERGINE WITH HONEY PORK TENDERLOIN IN MUSHROOM SAUCE SALAD BUFFET SAUTÉED VEGETABLES SEASONAL FRUIT (BANANAS, PEARS, APPLES) | W 4 | MACARONI CARBONARA HAKE IN GREEN SAUCE SALAD BUFFET SAUTÉED VEGETABLES SEASONAL FRUIT (APPLES, ORANGES, PEARS) | T h 5 | LENTIL SOUP WITH SPANISH SAUSAGE GRILLED PORK STEAK WITH BAKED POTATO SALAD BUFFET SEASONAL FRUIT (PEARS, MANDARINES, APPLES) | F 6 |  NO SCHOOL |
| M 9 | NO SCHOOL | T 10 | CREAM OF VEGETABLE SOUP GRILLED CHICKEN BREAST BAKED POTATO SAUTÉED GREEN BEANS SALAD BUFFET SEASONAL FRUIT (ORANGES, GRAPES, PEARS) | W 11 | CHICK PEAS STEW PICKLED CURED PINKROCK FISH SAUTÉED PEAS WITH SERRANO HAM SALAD BUFFET SEASONAL FRUIT (BANANAS, APPLES, MANDARINES) | T h 12 | SHELLFISH SOUP ROASTED BEEF TENDERLOIN APPLE SAUCE SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (PEARS, ORANGES, APPLES) | F 13 | MIXED PAELLA BATTERED SQUID RINGS (CALAMARES) SALAD BUFFET SEASONAL FRUIT YOUGHURTS AND CUSTARD |
| M 16 | SPAGUETTI BOLOGNESE TURKEY SAUSAGES SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (GRAPES, BANANAS, PEARS) | T 17 | CREAM OF PUMPKIN SOUP GRILLED BEEF STEAK SAUTÉED MUSHROOMS SALAD BUFFET SEASONAL FRUIT (ORANGES, APPLES, PEARS) | W 18 | LENTIL STEW GRILLED NORWEGIAN SALMON SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, GRAPES, PEARS) | T h 19 | WHITE BEAN STEW LEMON ROASTED CHICKEN SPANISH STYLE POTATOES SALAD BUFFET SEASONAL FRUIT (ORANGES, MANDARINES, APPLES) | F 20 | GARNISHED CHICKEN SOUP STUFFED ROASTED TURKEY WITH CRANBERRY SAUCE SALAD BUFFET MANTECADOS Y TURRONES (NOUGATS) |

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

MONDAY

BREAD ROLL WITH
OLIVE OIL OR TURKEY
CHOCOLATE MILK

TUESDAY

SEASONAL FRUIT
(APPLES AND PEARS)

WEDNESDAY

BREAD ROLL WITH
CREAM CHEESE

THURSDAY

SEASONAL FRUIT
(APPLES AND PEARS)

DINNER SUGGESTION

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| M 2 | ASPARAGUS SOUP, TURKEY SAUSAGES, FRUIT | T 3 | MIXED SALAD, CHEESE OMELETTE, YOGHURT | W 4 | MIXED VEGETABLES, CHEESE & HAM SÁNDWICH, FRUIT | Th 5 | SPINACH SALAD, ROAST DORADA, FRUIT | F 6 | NO SCHOOL |
| M 9 | NO SCHOOL | T 10 | VEGETABLES, FISH, FRUIT AND A GLASS OF MILK | W 11 | SOUP, MEAT PIE, FRUIT | Th 12 | CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK | F 13 | RUSSIAN FILLETS, FRUIT AND YOGHURT |
| M 16 | BOILED BROCOLI, GRILLED SOLE , FRUIT & GLASS OF MILK | T 17 | SALAD, FISH, FRUIT | W 18 | MIXED SALAD, CHEESE OMELETTE, YOGHURT | Th 19 | SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT | F 20 | VEGETABLES, FISH, FRUIT AND A GLASS OF MILK |