

MENÚ DE ENERO DE 2020

L 6	FIESTA DE REYES	M 7	MACARRONES BOLOÑESA HUEVOS FRITOS CON PIMIENTOS Y PATATAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, PERAS, MANZANAS)	X 8	LENTEJAS ESTOFADAS ROSADA A LA ROMANA SALTEADO DE VERDURAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, NARANJAS, MANZANAS)	J 9	SOPA DE MARISCO POLLO ASADO AL LIMÓN PATATAS ASADAS REVUELTO DE SETAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, MANDARINAS, MANZANAS)	V 10	PAELLA MIXTA LENGUADO A LA PLANCHA ESPINACAS SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA YOGURES VARIADOS NATILLAS DE VAINILLA Y CHOCOLATE
L 13	PIZZAS CASERAS SALCHICHAS DE PAVO SALTEADO DE VERDURAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANDARINAS)	M 14	CREMA DE CALABAZA HAMBURGUESAS CASERAS (POLLO, TERNERA, CERDO) CHAMPIÑONES SALTEADOS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, UVAS Y PERAS)	X 15	POTAJE DE GARBANZOS SALMÓN A LA PLANCHA SALTEADO DE QUINOA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANDARINAS)	J 16	CAZUELA DE JIBIA CON ALMEJAS CONTRA DE TERNERA CON PURÉ DE MANZANA PATATAS ASADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, NARANJAS, MANZANAS)	V 17	FABADA BOQUERONES REBOZADOS BUFFET DE ENSALADAS FRUTA DE TEMPORADA YOGURES VARIADOS NATILLAS DE VAINILLA Y CHOCOLATE
L 20	COCIDO TORTILLAS DE PATATAS Y CEBOLLA PIMIENTOS DEL PADRÓN BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANZANAS)	M 21	CREMA DE PUERROS PECHUGA DE POLLO PLANCHA BRÓCOLI HERVIDO BUFFET DE ENSALADAS FRUTA DE TEMPORADA (UVAS, MANDARINAS, PERAS)	X 22	TALLARINES CON QUESO ROSADA EN ADOBO GUISANTES CON JAMÓN BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, MANZANAS, NARANJAS)	J 23	LENTEJAS CON CHORIZO CROQUETAS DE LA ABUELA MENESTRA SALTEADA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, NARANJAS, MANZANAS)	V 24	ENSALADILLA RUSA CALAMARES A LA ROMANA BUFFET DE ENSALADAS SEASONAL FRUIT NATILLAS DE VAINILLA Y CHOCOLATE YOGURES VARIADOS
L 27	MACARRONES BOLOÑESA FILETES DE TERNERA A LA PLANCHA BUFFET DE ENSALADAS SEASONAL FRUIT (PLÁTANOS, NARANJAS, PERAS)	M 28	CREMA DE CALABACINES ALBÓNDIGAS CASERAS (POLLO, TERNERA, CERDO) ALCACHOFAS SALTEADAS BUFFET DE ENSALADAS SEASONAL FRUIT (NARANJAS, MANZANAS, UVAS)	X 29	LENTEJAS ESTOFADAS MERLUZA EN SALSA VERDE ESPINACAS REVUELTAS CON HUEVO SEASONAL FRUIT (PLÁTANO, PERAS, UVAS)	J 30	SOPA DE MARISCO PAVO RELLENO SALSA DE ARÁNDANOS BUFFET DE ENSALADAS REVUELTO DE SETAS SEASONAL FRUIT (NARANJAS, PERAS, MANZANAS)	V 31	PAELLA MIXTA FRITURA MALAGUEÑA BUFFET DE ENSALADAS SEASONAL FRUIT NATILLAS DE VAINILLA Y CHOCOLATE YOGURES VARIADOS

BUFFET DE ENSALADAS: LECHUGA, TOMATE, MAÍZ, ATÚN, ZANAHORIA, PEPINO.

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

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

L 6	FIESTA DE REYES	M 7	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	X 8	MENESTRA DE VERDURAS, SÁNDWICH MIXTO, FRUTA	J 9	ENSALADA DE ESPINACAS, DORADA AL HORNO, FRUTA	V 10	VERDURA, JAMÓN COCIDO, QUESO, FRUTA Y VASO DE LECHE
L 13	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	M 14	ENSALADA, PESCADO, FRUTA	X 15	SOPA, EMPANADA DE CARNE, FRUTA	J 16	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	V 17	FILETES RUSOS, FRUTA Y YOGURT
L 20	ENSALADA MIXTA, LENGUADO A LA PLANCHA, FRUTA Y YOGURT	M 21	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	X 22	ENSALADA MIXTA, TORTILLA DE QUESO, YOGURT	J 23	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 24	FILETES DE TERNERA, VERDURA, FRUTA Y VASO DE LECHE
L 27	BRÓCOLI HERVIDO, PESCADO, FRUTA Y VASO DE LECHE	M 28	ENSALADA MIXTA, TORTILLA DE QUESO, FRUTA	X 29	PURÉ DE VERDURA, CARNE A LA PLANCHA, FRUTA	J 30	SOPA, JUDÍAS VERDES SALTEADAS, FRUTA Y YOGURT	V 31	VERDURA, EMPANADA DE CARNE, FRUTA Y VASO DE LECHE

JANUARY MENU 2020



<p>M 6</p> <p>FIESTA DE REYES</p>	<p>T 7</p> <p>MACARONI BOLOGNESE FRIED EGGS, FRIED GREEN PEPPERS AND CHIPS SALAD BUFFET SEASONAL FRUIT (ORANGES, PEARS, APPLES)</p>	<p>W 8</p> <p>LENTIL STEW BATTERED PINKROCK FISH SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, ORANGES APPLES)</p>	<p>T h 9</p> <p>SHELLFISH SOUP LEMON ROASTED CHICKEN BAKED POTATOES SCRAMBLED EGGS AND MUSHROOMS SALAD BUFFET SEASONAL FRUIT (PEARS, MANDARINES, APPLES)</p>	<p>F 10</p> <p>MIXED PAELLA GRILLED FILLET OF SOLE SAUTÉED SPINACH SALAD BUFFET SEASONAL FRUIT YOGURTS, CUSTARD AND CHOCOLATE PUDDING</p>
<p>M 13</p> <p>HOMEMADE PIZZAS TURKEY SAUSAGES SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, MANDARINES)</p>	<p>T 14</p> <p>CREAM OF PUMPKIN SOUP HOMEMADE HAMBURGERS (CHICKEN, BEEF, PORK) SAUTÉED MUSHROOMS SALAD BUFFET SEASONAL FRUIT (NARANJAS, UVAS Y PERAS)</p>	<p>W 15</p> <p>CHICKPEA STEW GRILLED SALMON QUINOA AND VEGETABLES MIXED SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, MANDARINES)</p>	<p>T h 16</p> <p>CUTTLEFISH AND CLAMS SOUP BEEF TENDERLOIN AND APPLE SAUCE BAKED POTATOES SALAD BUFFET SEASONAL FRUIT (ORANGES, PEARS, APPLES)</p>	<p>F 17</p> <p>FABADA (WHITE BEAN STEW) BATTERED ANCHOVIES SALAD BUFFET SEASONAL FRUIT YOGURTS, CUSTARD AND CHOCOLATE PUDDING</p>
<p>M 20</p> <p>BROILED MEAT AND VEGETABLES NOODLE SOPU SPANISH OMELETTE (POTATOES AND ONIONS) FRIED GREEN PEPPERS SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)</p>	<p>T 21</p> <p>CREAM OF LEEKS SOUP GRILLED CHICKEN BREAST BOILED BROCCOLI SALAD BUFFET SEASONAL FRUIT (GRAPES, MANDARINES, PEARS)</p>	<p>W 22</p> <p>CHEESE NOODLES PICKLED AND BATTERED PINKROCK FISH SAUTÉED PEAS AND HAM SALAD BUFFET SEASONAL FRUIT (ORANGES, PEARS, APPLES)</p>	<p>T h 23</p> <p>LENTIL STEW WITH SPANISH SAUSAGE HOMEMADE CROQUETTES SAUTÉED MIXED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, ORANGES APPLES)</p>	<p>F 24</p> <p>POTATOE SALAD BATTERED SQUID RINGS (CALAMARES) SALAD BUFFET SEASONAL FRUIT YOGURTS, CUSTARD AND CHOCOLATE PUDDING</p>
<p>M 27</p> <p>MACARONI BOLOGNESE GRILLED BEEF STEAK SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, MANDARINES)</p>	<p>T 28</p> <p>CREAM OF ZUCCHINI SOUP HOMEMADE MEATBALLS (CHICKEN, BEEF, PORK) SAUTÉED ARTICHOKE SALAD BUFFET SEASONAL FRUIT (ORANGES, APPLES, GRAPES)</p>	<p>W 29</p> <p>LENTIL STEW HAKE IN GREEN SAUCE SCRAMBLED EGGS AND SPINACH SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, GRAPES)</p>	<p>T h 30</p> <p>SHELLFISH SOUP STUFFED TURKEY AND CRANBERRY SAUCE SALAD BUFFET REVUELTO DE SETAS SEASONAL FRUIT (ORANGES, PEARS, APPLES)</p>	<p>F 31</p> <p>MIXED PAELLA VARIETY OF SMALL FRIED FISH SALAD BUFFET SEASONAL FRUIT YOGURTS, CUSTARD AND CHOCOLATE PUDDING</p>

SALAD BUFFET: LETTUCE, TOMATOES, CORN, TUNA FISH, CUCUMBER, CARROTS, BEETROOTS.

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

MONDAY	<i>BREAD ROLL WITH OLIVE OIL OR TURKEY CHOCOLATE MILK</i>	TUESDAY	<i>SEASONAL FRUIT (APPLES AND PEARS)</i>	WEDNESDAY	<i>BREAD ROLL WITH CREAM CHEESE</i>	THURSDAY	<i>SEASONAL FRUIT (APPLES AND PEARS)</i>
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DINNER SUGGESTION

M 6	NO SCHOOL	T 7	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	W 8	MIXED VEGETABLES, CHEESE & HAM SÁNDWICH, FRUIT	Th 9	SPINACH SALAD, ROAST DORADA, FRUIT	F 10	VEGETABLES, HAM, CHEESE, FRUIT AND A GLASS OF MILK
M 13	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	T 14	SALAD, FISH, FRUIT	W 15	SOUP, MEAT PIE, FRUIT	Th 16	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	F 17	RUSSIAN FILLETS, FRUIT AND YOGHURT
M 20	MIXED SALAD, GRILLED SOLE, FRUIT & YOGHURT	T 21	SALMON SANDWICH, YOGHURT AND FRUIT	W 22	MIXED SALAD, CHEESE OMELETTE, YOGHURT	Th 23	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 24	GRILLED BEEF STEAK, VEGETABLES, FRUIT AND A GLASS OF MILK
M 27	BOILED BROCOLI, FISH, FRUIT & GLASS OF MILK	T 28	MIXED SALAD, CHEESE OMELETTE, FRUIT	W 29	VEGETABLE PURÉE, GRILLED MEAT, FRUIT	Th 30	SOUP, SAUTÉED GREEN BEANS, FRUIT & YOGHURT	F 31	VEGETABLES, MEAT PIE, FRUIT AND A GLASS OF MILK