

MENÚ DE MARZO DE 2020

L 2	COCIDO FILETES DE TERNERA A LA PLANCHA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANZANAS, PERAS, NARANJAS)	M 3	LENTEJAS ESTOFADAS ROSADA A LA ROMANA GUISANTES SALTEADOS CON JAMÓN BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANZANAS, PLÁTANOS, PERAS)	X 4	CREMA DE PUERROS ALBÓNDIGAS CASERAS (POLLO, TERNERA, CERDO) BROCOLI SALTEADO BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANDARINAS, NARANJAS, PERAS)	J 5	POTAJE DE GARBANZOS LENGUADO A LA PLANCHA COLIFLOR HERVIDA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, MANZANAS, PLÁTANOS)	V 6	CAZUELA DE JIBIA POLLO ASADO AL LIMÓN PATATAS A LA ESPAÑOLA BUFFET DE ENSALADAS FRUTA DE TEMPORADA NATILLAS Y YOGURES VARIADOS
L 9	TALLARINES CON QUESO FILETES DE LOMO IBÉRICO A LA PLANCHA MENESTRA DE VERDURAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, MANZANAS, PERAS)	M 10	JUDÍAS BLANCAS ESTOFADAS SALMÓN A LA PLANCHA ALCACHOFAS SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, UVAS, MANZANAS)	X 11	CREMA DE CALABAZAS MAGRO CON TOMATE SALTEADO DE QUINOA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, MANDARINAS, PERAS)	J 12	SOPA DE MARISCO CROQUETAS DE LA ABUELA JUDÍAS VERDES SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PERAS, MANZANAS, PLÁTANOS)	V 13	PAELLA MIXTA BOQUERONES A LA ANDALUZA BUFFET DE ENSALADAS FRUTA DE TEMPORADA NATILLAS Y YOGURES VARIADOS
L 16	SOPA DE PICADILLO TORTILLA DE PATATAS Y CEBOLLA PIMIENTOS FRITOS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANZANAS, PERAS, PLÁTANOS)	M 17	LENTEJAS ESTOFADAS MERLUZA EN SALSA VERDE BRÓCOLI SALTEADO BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANZANAS)	X 18	CREMA DE VERDURAS HAMBURGUESAS CASERAS (POLLO, TERNERA, CERDO) MENESTRA DE VERDURAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANZANAS, NARANJAS, PERAS)	J 19	POTAJE DE GARBANZOS CON ESPINACAS CALAMARES A LA ROMANA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (MANDARINAS, PERAS, PLÁTANOS)	V 20	ENSALADILLA RUSA PAVO RELLENO CON Salsa de ARÁNDANOS BUFFET DE ENSALADAS FRUTA DE TEMPORADA NATILLAS Y YOGURES VARIADOS
L 23	LASAÑA SALCHICHAS DE PAVO VERDURAS SALTEADAS BUFFET DE ENSALADAS FRUTA DE TEMPORADA (PLÁTANOS, PERAS, MANZANAS)	M 24	LENTEJAS CON CHORIZO ROSADA A LA ANDALUZA COLIFLOR SALTEADA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (UVAS, PERAS, MANZANAS)	X 25	CREMA DE PUERROS ALBÓNDIGAS CASERAS (POLLO, TERNERA, CERDO) BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, MANZANAS, PLÁTANOS)	J 26	PAELLA MIXTA FRITURA MALAGUEÑA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (UVAS, PERAS, MANZANAS)	V 27	FABADA ALITAS DE POLLO PINCHITOS DE POLLO BUFFET DE ENSALADAS FRUTA DE TEMPORADA NATILLAS Y YOGURES VARIADOS
L 30	MACARRONES BOLOÑESA FILETES DE TERNERA A LA PLANCHA BUFFET DE ENSALADAS FRUTA DE TEMPORADA (NARANJAS, PERAS, PLÁTANOS)	M 31	LENTEJAS ESTOFADAS SALMÓN A LA PLANCHA BUFFET DE ENSALADAS BRÓCOLI SALTEADO FRUTA DE TEMPORADA (PERAS, MANZANAS, PLÁTANOS)						

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

MERIENDAS (INFANTIL Y PRIMER CICLO DE PRIMARIA)

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

L 2	VERDURA, PESCADO, FRUTA Y VASO DE LECHE	M 3	SOPA, EMPANADA DE CARNE, FRUTA	X 4	ENSALADA, PESCADO, FRUTA	J 5	CREMA DE CALABACÍN, FRUTA Y VASO DE LECHE	V 6	FILETES RUSOS, FRUTA Y YOGURT
L 9	ENSALADA MIXTA, LENGUADO A LA PLANCHA, FRUTA Y YOGURT	M 10	FILETES DE TERNERA, VERDURA, FRUTA Y VASO DE LECHE	X 11	MENESTRA SALTEADA, ATÚN A LA PLANCHA, YOGURT	J 12	REVUELTO DE ESPÁRRAGOS, PICADILLO DE TOMATE, FRUTA	V 13	ENSALADA MIXTA, TORTILLA DE QUESO, FRUTA
L 16	BRÓCOLI HERVIDO, PESCADO, FRUTA Y VASO DE LECHE	M 17	PURÉ DE VERDURAS, CARNE A LA PLANCHA, FRUTA	X 18	SÁNDWICH DE SALMÓN, YOGURT, FRUTA	J 19	SOPA, JUDÍAS VERDES SALTEADAS, FRUTA Y YOGURT	V 20	VERDURA, PESCADO, FRUTA Y VASO DE LECHE
L 23	ENSALADA, PESCADO, FRUTA	M 24	PURÉ DE PATATAS, SALCHICHAS DE PAVO, FRUTA	X 25	MENESTRA DE VERDURAS, YOGURT, FRUTA	J 26	SOPA, CHAMPIÑONES SALTEADOS, FRUTA	V 27	VERDURA, EMPANADA DE ATÚN, FRUTA Y VASO DE LECHE
L 30	PESCADO, FRUTA Y VASO DE LECHE	M 31	ENSALADA MIXTA, CARNE A LA PLANCHA, FRUTA						

MARCH MENU 2020

M 2	BROILED CHICKEN AND BEEF WITH VEGETABLES AND CHICKPEAS GRILLED BEEF STEAKS SALAD BUFFET SEASONAL FRUIT (APPLES, PEARS, ORANGES)	T 3	LENTIL STEW BATTERED PINKROCK FISH SAUTÉED PEAS AND HAM SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	W 4	HOMEMADE MEATBALLS (PORK, BEEF, CHICKEN) SAUTÉED BROCCOLI SALAD BUFFET SEASONAL FRUIT (MANDARINES, ORANGES, PEARS)	Th 5	CHICKPEAS STEW GRILLED SOLE FISH BOILED COLIFLOWER SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	F 6	FISH AND POTATO STEW LEMON ROASTED CHICKEN SPANISH POTATOES SALAD BUFFET SEASONAL FRUIT YOGHURTS AND CUSTARD
M 9	CHEESE NOODLES ROASTED PORK TENDERLOIN SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	T 10	WHITE BEANS STEW GRILLED SALMON SAUTÉED ARTICHOKE SALAD BUFFET SEASONAL FRUIT (PEARS, APPLES, GRAPES)	W 11	CREAM OF PUMPKIN SOUP PORK TENDERLOIN IN TOMATO SAUCE SAUTÉED VEGETABLES WITH QUINOA SALAD BUFFET SEASONAL FRUIT (ORANGES, MANDARINES, PEARS)	Th 12	SHELLFISH SOUP HOMEMADE CROQUETTES SAUTÉED GREEN BEANS SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	F 13	MIXED PAELLA BATTERED ANCHOVIES SALAD BUFFET SEASONAL FRUIT YOGHURTS AND CUSTARD
M 16	GARNISHED CHICKEN SOUP SPANISH OMELETTE (ONIONS AND POTATOES) FRIED GREEN PEPPERS SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	T 17	LENTIL STEW HAKE IN GREEN SAUCE SAUTÉED BROCCOLI SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	W 18	CREAM OF VEGETABLE SOUP HOMEMADE MEATBALLS (PORK, BEEF, CHICKEN) MENESTRA DE VERDURAS SALAD BUFFET SEASONAL FRUIT (APPLES, PEARS, ORANGES)	Th 19	CHICKPEAS AND SPINACH STEW BATTERED SQUID RINGS (CALAMARES) SALAD BUFFET SEASONAL FRUIT (MANDARINAS, PERAS, PLÁTANOS)	F 20	HOMEMADE POTATO SALAD STUFFED TURKEY WITH CRANBERRY SAUCE SALAD BUFFET SEASONAL FRUIT YOGHURTS AND CUSTARD
M 23	LASAGNA TURKEY SAUSAGES SAUTÉED VEGETABLES SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	T 24	LENTIL STEW WITH SPANISH SAUSAGE BATTERED PINKROCK FISH SAUTÉED SALAD BUFFET SEASONAL FRUIT (PEARS, APPLES, GRAPES)	W 25	HOMEMADE MEATBALLS (PORK, BEEF, CHICKEN) HOMEMADE MEATBALLS (PORK, BEEF, CHICKEN) SALAD BUFFET SEASONAL FRUIT (NARANAJAS, MANZANAS, PLÁTANOS)	Th 26	MIXED PAELLA VARIETY OF FRIED FISH SALAD BUFFET SEASONAL FRUIT (PEARS, APPLES, GRAPES)	F 27	WHITE BEAN STEW CHICKEN WINGS AND SKEWERS SALAD BUFFET SEASONAL FRUIT YOGHURTS AND CUSTARD
M 30	MACARONI BOLOGNESE GRILLED BEEF STEAK SALAD BUFFET SEASONAL FRUIT (ORANGES, PEARS, BANANAS)	T 31	LENTIL STEW GRILLED SALMON SAUTÉED BROCOLI SALAD BUFFET SEASONAL FRUIT (BANANAS, PEARS, APPLES)	SALAD BUFFET: LETTUCE, TOMATOES, CORN, TUNA FISH, CUCUMBER, CARROTS, BEETROOTS.					

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)
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DINNER SUGGESTION

M 2	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK	T 3	SOUP, MEAT PIE, FRUIT	W 4	SALAD, FISH, FRUIT	Th 5	CREAM OF COURGETTER, FRUIT AND A GLASS OF MILK	F 6	RUSSIAN FILLETS, FRUIT AND YOGHURT
M 9	MIXED SALAD, GRILLED SOLE, FRUIT & YOGHURT	T 10	GRILLED BEEF STEAK, VEGETABLES, FRUIT AND A GLASS OF MILK	W 11	SAUTÉED MIXED VEGETABLES, GRILLED TUNA, YOGHURT	Th 12	SCRAMBLED ASPARAGUS, TOMATO SALAD, FRUIT	F 13	GRILLED BEEF STEAK, VEGETABLES, FRUIT AND A GLASS OF MILK
M 16	BOILED BROCOLI, FISH, FRUIT & GLASS OF MILK	T 17	VEGETABLE PURÉE, GRILLED MEAT, FRUIT	W 18	SALMON SANDWICH, YOGHURT AND FRUIT	Th 19	SOUP, SAUTÉED GREEN BEANS, FRUIT & YOGHURT	F 20	VEGETABLES, FISH, FRUIT AND A GLASS OF MILK
M 23	SALAD, FISH, FRUIT	T 24	MASHED POTATOES, TURKEY SAUSAGES, FRUIT	W 25	SAUTÉED MIXED VEGETABLES, YOGHURT AND FRUIT	Th 26	SOUP, SAUTÉED MUSHROOMS, FRUIT	F 27	VEGETABLES, TUNA PIE, FRUIT AND A GLASS OF MILK
M 30	FISH, FRUIT & GLASS OF MILK	T 31	MIXED SALAD, GRILLED MEAT, FRUIT						