

Noviembre MENU DE PALMA

FIESTA 1 NOVIEMBRE

PUENTE

Macarrones Napolitana San Jacobo Merluza c/ ensalada Pan, Fruta Napolitana Macarroni Cheese & Hake with Salad Bread, Fruit	Puré de verduras Pollo al limon con Patatas Pan, Fruta Vegetables puree Chicken limon with Potatoes Bread, Fruit	Lentejas con chorizo Tortilla de patata c/ensalada Pan, Fruta Lentils with chorizo Spanish Omellete w/salad Bread, Fruit	Sopa de picadillo con zanahoria Bacalao rebozado con pisto Pan, Fruta Chicken soup Limanda with vegetables Bread, Fruit	Garbanzos con verduras Escalope de cerdo con Patatas Pan, Fruta Woonders soup Steack with potatoes Bread, Fruit	Prot. 27 Líp. 20 Hc. 112 Kcal. 733
Arroz tres delicias Albóndigas a la Jardinera c/patatas Pan, Fruta Fried Rice Meatballs with Vegetables & potatoes Bread, Fruit	Crema de calabaza natural y picatostes Pollo empanado con Patatas Pan, Fruta Pumpkin cream Chicken breaded with Potatoes Bread, Fruit	Patatas guisadas con carne Limanda al Horno c/verduritas Pan, Fruta Sweet potatoes with meat Baked limanda with vegetables Bread, Fruit	Sopa de Bollit Bollit Completo con pollo Pan, Yogourt de sabores Bollit soup Bollit Bread, Milk Dessert	Paella Ragout de Ternera c/patatas Pan, Fruta Paella Veal Ragout with potatoes Bread, Fruit	Prot. 24 Líp. 17 Hc. 101 Kcal. 702
Espirales gratinadas con chorizo Huevos Moll c/ Ensalada Pan, Fruta Pasta with cheese and chorizo Moll eggs with Salad Bread, Fruit	Lentejas con verduras Merluza en salsa verde c/verduras Pan, Fruta Lentils with vegetables Hake in green sauce w/vegetables Bread, Fruit	Sopa de pescado y arroz Hamburguesa con Patatas Pan, FLAN Fish soup with rice Hamburguer with potatoes Bread, Flan	Crema Hortelana Pollo Asado con Patatas Dado Pan, Fruta Garden Cream Roasted Chicken w/Dice Potatoes Bread, Fruit	Fideuá Limanda rebozada con ensalada Pan, Fruta Fideuá Limanda breaded with salad Bread, Fruit	Prot. 26 Líp. 18 Hc. 104 Kcal. 681
Arroz con salsa de tomate Salchichas con patatas Pan, Fruta Rice with tomate Sausage with potatoes Bread, Fruit	Garbanzos con verduras Bacalao con tomate al Horno Pan, Fruta Woonders soup Code with tomato baked Bread, Fruit	Sopa Maravilla Carne guisada con verduras y patatas fritas Pan, Fruta Woonderfull soup Sweet meat with vegetables Bread, Fruit	Crema de Tumbé Lomo al ajillo c/ ensalada Pan, Yogourt de sabores Vegetables puree Tenderloin grilled with Salad Bread, Fruit and Milk	Prot. 25 Líp. 18 Hc. 103 Kcal. 700	

DICIEMBRE

Spaguetti Bolognesa Prot. 27
 Merluza Orly c/patatas Líp. 20
 Pan, Fruta Hc. 112
 Bolognesa Spaguetti
 Orly hake w/ potatoes
 Bread, Fruit Kcal. 733

Garbanzos con verduras Prot. 26
 Escalope de cerdo con Patatas Líp. 19
 Pan, Fruta Hc. 106
 Woonders soup
 Steak with potatoes Kcal. 698
 Bread, Fruit

Lentejas estofadas con Prot. 24
 Chorizo Líp. 17
 Tortilla de Patata con ensalada Hc. 101
 Pan, Fruta
 Lentils with chorizo
 Spanish Omelette with Salad Kcal. 702
 Bread, Fruit

Arroz con verduras Prot. 26
 Croquetas de jamón con Líp. 18
 patatas fritas Hc. 104
 Pan, Fruta
 Rice with vegetables
 Croquettes with potatoes Kcal. 681
 Bread, Fruit

DÍA NO LECTIVO

Crema de zanahoria
 Pechuga de pollo empanada con patatas fritas
 Pan, Flan de vainilla
 Carrot cream
 Chicken bread with potatoes
 Bread, milk dessert

MENÚ DE NAVIDAD
 Pizza de Jamón y Queso
 Nuggets c/ Ketchup y Chips
 Refresco, Pan, Dulces navideños
 Ham and Cheese pizza
 Nuggets with ketchup and chips
 Soft drink, bread, Christmas sweets

Espirales con Tomate y Atún
 San Jacobo merluza c/ensalada
 Pan, Fruta
 Macaroni with tomato and tuna
 Chess and ham Hake with salad
 Bread, Fruit

Arroz a la Milanese
 Albóndigas jardinera c/patatas
 Pan, Fruta
 Milanese rice
 Meatballs with Potatoes
 Bread, Fruit

Macarrones a la Carbonara
 Escalope de cerdo con ensalada
 Pan, Fruta
 Macarroni carbonara
 Filet loin with salad
 Bread, Fruit

Judías Pintas con Arroz
 Pollo Asado en su jugo al limón con
 guarnición de verduritas
 Pan, Fruta
 Black beans stew
 Chicken stew with vegetables
 Bread, Fruit

Fideuá de carne
 Limanda rebozada con pisto de
 verduritas de temporada
 Pan, Fruta
 Fideua
 Coge Breaded with vegetables
 Bread, Fruit

Sopa de Bollit
 Bollit Completo con pollo
 Pan, Fruta
 Bollit soup
 Bollit
 Bread, Fruit

Puré de verduras de temporada
 Lomo de xajonia plancha y
 patatas deluxe
 Pan, Fruta
 Vegetables pure
 Xajonia Loin with potatoes
 Bread, Fruit

Alubias Blancas Estofadas
 Cinta de lomo a la plancha
 c/ensalada de arroz
 Pan, Fruta
 White Beans Stew
 Filet hake with rice salad
 Bread, Fruit

Patatas a la Riojana
 Merluza al Horno en salsa con
 verduras de temporada
 Pan, Fruta
 Stewed potatoes with chorizo
 Baked hake with vegetables
 Bread, Fruit