



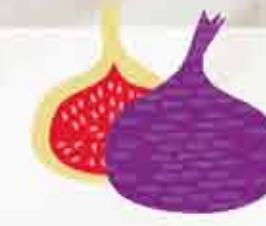
# enero january

menús 2º trimestre · curso 2018-2019 / 2nd trimester menus · 2018-2019 school year



# febrero february

menús 2º trimestre · curso 2018-2019 / 2nd trimester menus · 2018-2019 school year



# marzo march

menús 2º trimestre · curso 2018-2019 / 2nd trimester menus · 2018-2019 school year



Todos nuestros platos son elaborados con aceite de oliva virgen extra.

<b>01</b> martes	<b>02</b> miércoles	<b>03</b> jueves	<b>04</b> viernes
<b>07</b> lunes	<b>08</b> martes	<b>09</b> miércoles	<b>10</b> jueves
<b>14</b> lunes	<b>15</b> martes	<b>16</b> miércoles	<b>17</b> jueves
<b>21</b> lunes	<b>22</b> martes	<b>23</b> miércoles	<b>24</b> jueves
<b>28</b> lunes	<b>29</b> martes	<b>30</b> miércoles	<b>31</b> jueves

All our dishes are prepared with extra-virgin olive oil.

<b>01</b> tuesday	<b>02</b> wednesday	<b>03</b> thursday	<b>04</b> friday
<b>07</b> monday	<b>08</b> tuesday	<b>09</b> wednesday	<b>10</b> thursday
<b>14</b> monday	<b>15</b> tuesday	<b>16</b> wednesday	<b>17</b> thursday
<b>21</b> monday	<b>22</b> tuesday	<b>23</b> wednesday	<b>24</b> thursday
<b>28</b> monday	<b>29</b> tuesday	<b>30</b> wednesday	<b>31</b> thursday



Todos nuestros platos son elaborados con aceite de oliva virgen extra. All our dishes are prepared with extra-virgin olive oil.

<b>04</b> lunes	<b>05</b> martes	<b>06</b> miércoles	<b>07</b> jueves
<b>11</b> lunes	<b>12</b> martes	<b>13</b> miércoles	<b>14</b> jueves
<b>18</b> lunes	<b>19</b> martes	<b>20</b> miércoles	<b>21</b> jueves
<b>25</b> lunes	<b>26</b> martes	<b>27</b> miércoles	<b>28</b> jueves

Menú cardiosaludable / Heart-healthy menu  
 Ecológico / Ecological  
 Plato nuevo / New dish

<b>04</b> monday	<b>05</b> tuesday	<b>06</b> wednesday	<b>07</b> thursday
<b>11</b> monday	<b>12</b> tuesday	<b>13</b> wednesday	<b>14</b> thursday
<b>18</b> monday	<b>19</b> tuesday	<b>20</b> wednesday	<b>21</b> thursday
<b>25</b> monday	<b>26</b> tuesday	<b>27</b> wednesday	<b>28</b> thursday



**01** friday

KCal. 546 H.C. 67 Lip. 24 P. 18  
• VEGETABLE PUREE  
• AUSOLAN SPANISH POTATO OMELETTE / LETTUCE  
• YOGHURT / BREAD



Todos nuestros platos son elaborados con aceite de oliva virgen extra. All our dishes are prepared with extra-virgin olive oil.

<b>04</b> monday	<b>05</b> tuesday	<b>06</b> wednesday	<b>07</b> thursday
<b>11</b> monday	<b>12</b> tuesday	<b>13</b> wednesday	<b>14</b> thursday
<b>18</b> monday	<b>19</b> tuesday	<b>20</b> wednesday	<b>21</b> thursday
<b>25</b> monday	<b>26</b> tuesday	<b>27</b> wednesday	<b>28</b> thursday

**01** friday

KCal. 559 H.C. 67 Lip. 26 P. 19  
• SPINACH CREAM SOUP WITH SHREDDED CHEESE  
• POTATO AND PUMPKIN OMELETTE AUSOLAN  
• LETTUCE AND CARROT  
• FRESH FRUIT / BREAD

Estos menús han sido revisados y aprobados por profesionales con formación en Nutrición Humana y Dietética. La calibración nutricional expresada aquí corresponde a las raciones servidas a niños de 7 a 12 años. En el comedor se sirven las cantidades acordes a niños menores y mayores, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades. El menú incluye agua y pan.

These menus have been revised and approved by professionals trained in Human Nutrition and Dietetics. The nutritional values expressed correspond to the portions served to children aged 7 to 12. In the dining-room, quantities are served depending on whether the children are younger or older, which therefore modifies the calibration of each age group, adapting to their needs. The menu includes water and bread.