



SAN FRANCISCO DE ASIS -SEPTIEMBRE 2022

Lunes
Monday

Tuesday
Martes

Wednesday
Miércoles

Thursday
Jueves

A

Friday
Viernes



BIENVENIDOS AL CURSO
2022/2023
WELCOME TO THE SCHOOL YEAR
2022/2023

Media azúcar: 18,5g
Media AGS: 9,3 g
Media sal: 1,3g

09/09/2022
Macarrones con tomate
Macaroni with tomato
Hamburguesa con ensalada
Hamburger with salad
Lácteo
Lacteal
Hid. 85 Prot. 32 Lip. 27 Kcal. 711

12/09/2022
Crema de puerro y zanahoria
Cream of leek and carrot
Lomo a la plancha con ensalada
Grilled loin and salad
Fruta en su jugo
Fruit in its juice
Hid. 51 Prot. 39 Lip. 31 Kcal. 645

13/09/2022
Paella Mixta
Mixed paella
Albóndigas en salsa verde
Meatballs in green sauce
Fruta
Fruit
Hid. 106 Prot. 43 Lip. 48 Kcal. 999

14/09/2022
Lentejas con verdura
Lentils with vegetables
Tortilla española con ensalada
Spanish omelette and salad
Lácteo
Lacteal
Hid. 103 Prot. 43 Lip. 48 Kcal. 998

15/09/2022
Espaguetis a la boloñesa
Spaghetti with bolognese sauce
Filete de lenguado con ensalada
Sole with salad
Fruta
Fruit
Hid. 98 Prot. 55 Lip. 41 Kcal. 985

16/09/2022
Alubias blancas estofadas
Beans with sausage
Pollo asado con patatas
Roast chicken with potatoes
Lácteo
Lacteal
Hid. 83 Prot. 62 Lip. 46 Kcal. 993

19/09/2022
Coditos con atún
Tuna pasta
Merluza en salsa
Battered hake with sauce
Fruta
Fruit
Hid. 97 Prot. 50 Lip. 31 Kcal. 871

20/09/2022
Alubias pintas estofadas
Pinto stewed string beans
Librillos de jamón y queso
Booklets of ham and cheese
Fruta
Fruit
Hid. 98 Prot. 43 Lip. 53 Kcal. 999

21/09/2022
Arroz con tomate
Tomato rice
Pechuga de pollo con ensalada
Bread breast of chicken with salad
Lácteo
Lacteal
Hid. 38 Prot. 46 Lip. 23 Kcal. 549

22/09/2022
Garbanzos estofados
Chickpeas stew
Varitas de merluza con ensalada
Sticks of hake and salad
Fruta
Fruit
Hid. 89 Prot. 82 Lip. 29 Kcal. 950

23/09/2022
Judías verdes rehogadas
Sautéed green beans
Tortilla española con ensalada
Spanish omelette and salad
Lácteo
Lacteal
Hid. 87 Prot. 48 Lip. 31 Kcal. 818

26/09/2022
Macarrones con tomate
Macaroni with tomato
Filete de lenguado con ensalada
Sole with salad
Fruta en su jugo
Fruit in its juice
Hid. 90 Prot. 45 Lip. 25 Kcal. 769

27/09/2022
Alubias blancas estofadas
Beans with sausage
Tortilla española con ensalada
Spanish omelette and salad
Fruta
Fruit
Hid. 82 Prot. 58 Lip. 40 Kcal. 927

28/09/2022
Arroz con tomate
Tomato rice
Lomo a la plancha con ensalada
Grilled loin and salad
Lácteo
Lacteal
Hid. 91 Prot. 55 Lip. 37 Kcal. 918

29/09/2022
Lentejas con chorizo
Lentils with sausage
Pollo asado con patatas
Roast chicken with potatoes
Fruta
YOGURT
Hid. 69 Prot. 58 Lip. 61 Kcal. 999

30/09/2022
Crema de verduras
Cream of vegetable
Merluza a la romana con ensalada
Roman hake with salad
Fruta
Fruit
Hid. 75 Prot. 23 Lip. 22 Kcal. 596