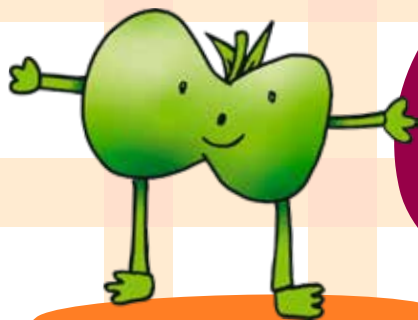




AÑO DE LA ALIMENTACIÓN SOSTENIBLE Y AÑO INTERNACIONAL DE FRUTAS Y VERDURAS

Haz pequeños cambios para mejorar la calidad de los azúcares y hidratos de carbono de tus comidas: **sustituye el zumo de naranja por una pieza entera de fruta o macedonia**. Aprovecha la fruta madura para endulzar de forma natural tus recetas. Prueba a hacer galletas caseras

Para incorporar azúcares complejos de forma sencilla cámbiate al **pan integral o de cereales y semillas para el bocadillo del desayuno**, sustituye el zumo de fruta industrial por un vaso de leche o una pieza de fruta. **Aumenta el consumo de legumbres y verduras** de forma creativa por ejemplo en forma de hamburguesa. Introduce también la **pasta y el arroz integrales** a sus recetas

Las **frutas y verduras** son la principal **fuentes de vitaminas y minerales**. Anime a comerlos todos los días de una manera variada y divertida

Whole **cereals and vegetables** give us a large amount of fiber. Also they are a very good source of **plant protein**. Our cuisine offers us tasty and various dishes with lentils, chickpeas and beans

Make small changes to improve the quality of the sugars and carbon hydrates in your meals: **substitute the orange juice for a whole piece of fruit**. Take advantage of ripe fruit to naturally sweeten your recipes. Try making homemade cookies

Carbohydrates or sugars are essential for our cells. **We can divide them into simple and complex**. The simple ones are found in industrial pastry. They are absorbed quickly and in a short time we will be hungry again. Complexes contain fiber and are absorbed slowly so we have the feeling full for longer. We find them in **vegetables, whole cereals and tubers**, such as potatoes.

legumes

Verduras

YEAR OF SUSTAINABLE FOOD AND INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

come sano

eat healthy

Fruits and vegetables are the main **source of vitamins and minerals**. Encourage yourself to eat them every day in a varied and fun way

Vegetables

To add complex sugars easily switch to whole **bread or cereals and seeds for your breakfast snack**, substitute the industrial fruit juice with a glass of milk or a piece of fruit. **Increase the consumption of vegetables** and vegetables creatively for example in the form of a burger. Also introduce **brown pasta and rice** to your recipes

ausolan

MENÚ ESCOLAR
Curso 21-22 / 1er trimestre

La Salle
Franciscanas
Gran Vía





Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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8	9	10
Espirales con tomate Lomo con piquillos Fruta fresca	Borrajá con refrito Palometa empanada Lechuga Fruta fresca	Alubia blanca pocha Pollo asado con champiñones Lechuga Yogur
Pasta salad Loin marinated with sauteed Fresh fruit	Sauteed borage Roasted pomfret Lettuce Fresh fruit	Pocha white beans Roast Chicken leg with mushrooms and lettuce Yogurt

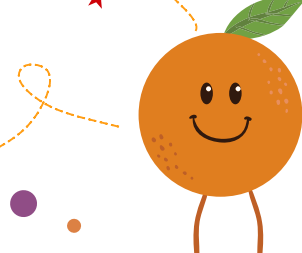
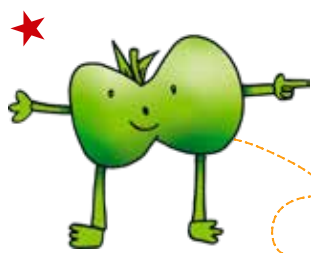
13	14	15	16	17
Crema de calabacín San marino Lechuga Fruta fresca	Garbanzos con crema de verdura Tortilla francesa y tomate fresco Fruta fresca	Ensalada de arroz Pavo guisado Fruta fresca	Acelgas con patatas Ternera en salsa Lechuga y zanahoria Yogur	Macarrones napolitana Merluza al horno Lechuga Fruta fresca
Zucchini cream soup Hake with ham and cheese Lettuce Fresh fruit	Chickpeas with vegetable Omelette Tomato slice Fresh fruit	Rice salad Stewed turkey Fresh fruit	Swiss chard with potatoes Veal steak in sauce Lettuce and carrot Yogurt	Neapolitan macaroni Oven-baked hake fillet Lettuce Fresh fruit



20	21	22	23	24
Judía verde con zanahoria y patata Salchichas frescas con tomate Fruta fresca	Arroz con pollo al curry Bacalao al horno Lechuga Fruta fresca	Crema de calabaza Contramuslo de pollo en salsa de mostaza Fruta fresca	Lentejas con arroz Merluza en salsa marinera Lechuga Fruta fresca	Sopa de ave maravilla Tortilla de patata Lechuga Yogur
Homemade green beans Baked sausages with tomato Fresh fruit	Rice with curry Oven baked cod Lettuce Fresh fruit	Pumpkin cream soup Chicken fillet in mustard sauce Fresh fruit	Lentil with rice Hake fillet a la marinere Lettuce Fresh fruit	Chicken soup with wonder Potato omelette Lettuce Yogurt

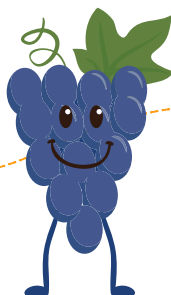


27	28	29	30
Patatas guisadas Croquetas de bacalao Lechuga Fruta fresca	Arroz con tomate Lomo en salsa de verduras Fruta fresca	Alubia blanca con pimiento y zanahoria Tortilla francesa Tomate fresco Fruta fresca	Puré de verduras Pollo asado al chilindrón Yogur
Stewed potatoes with vegetables Cod croquettes Lettuce Fresh fruit	Rice with tomato Fresh pork loin in vegetable sauce Fresh fruit	White beans with pepper and carrot Chicken fillet in mustard sauce Fresh fruit	Vegetables cream Baked chicken with vegetables Yogurt





Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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1 Kcal:622 / HC:56 / Lip:17 / Prot:23

Tallarines con queso
Merluza al orio
Lechuga
Fruta fresca
Macaroni with cheese
Hake orio style
Lettuce
Fresh fruit

4

Crema de calabaza
Albóndigas de ave y ternera en salsa
Fruta fresca

Pumkin cream soup
Meatballs in sauce
Fresh fruit

5

Arroz con verduras
Palometa empanada
Lechuga
Fruta fresca

Rice with vegetables
Roasted pomfret
Lettuce
Fresh fruit

6

Garbanzos con huevo
Contramuslos de pollo en salsa con lechuga
Fruta fresca

Chickpeas with egg
Chicken steak in sauce
Lettuce
Fresh fruit

7

Acelgas con refrito
Tortilla de patata
Tomate fresco
Fruta fresca

Swiss chard
Potato omelette
Tomato slice
Fresh fruit

8

Kcal:693 / HC:72 / Lip:31 / Prot:36

Canelones de atún
Escalope de cerdo
Lechuga
Yogur de Villacorona

Tuna cannelloni
Pork escalope
Lettuce
Local production yogurt

11



12

13

Fiesta

14

Crema de calabacín y puerro
Pollo asado al ajillo
Fruta fresca
Zucchini cream soup
Roast chicken leg
Fresh fruit

15

Kcal:768 / HC:90 / Lip:24 / Prot:25

Caracolílos napolitana
Merluza al orio
Lechuga
Fruta fresca
Neapolitan elbow pasta
Hake orio style
Lettuce
Fresh fruit

18

Guisantes salteados
Jamón fresco en salsa de naranja
Fruta fresca

Green beans with potatoes
Pork steak in orange sauce
Fresh fruit

19

Sopa de ave con estrellitas
Tortilla de patata
Lechuga
Fruta fresca

Chicken soup with stars
Potato omelette
Lettuce
Fresh fruit

20

Lentejas con puerro y zanahoria
Merluza al orio con lechuga
Fruta fresca

Lentils with leek and carrot
Hake fillet orio style
Lettuce
Fresh fruit

21

Crema de verduras
Contramuslo de pollo con pimientos
Fruta fresca

Vegetables soup
Chicken steak with peppers
Fresh fruit

22

Kcal:776 / HC:74 / Lip:25 / Prot:21

Arroz con tomate
Albóndigas de pescado en salsa con lechuga
Yogur

Rice with tomato
Fish meatballs in sauce
Lettuce
Yogurt



25

Pure de brocoli
Hamburguesa de calamar
Lechuga
Fruta fresca

Broccoli cream soup
Squid burger
Lettuce
Fresh fruit



26

Garbanzos con refrito
Tortilla de patata
Lechuga
Fruta fresca

Chickpeas with carrot and garlic
Potato omelette
Lettuce
Fresh fruit

27

Boraja con patatas
Pollo asado al limón
Yogur

Borage with potatoes
Roast chicken leg with lemon
Yogurt

28

Sopa de cocido
Bacalao ajoarriero
Lechuga
Fruta fresca

Stew soup
Ajoarriero cod
Lettuce
Fresh fruit

29

Kcal:758 / HC:92 / Lip:31 / Prot:22

Arroz con pollo al curry
Filete ruso con champiñones
Fruta del tiempo

Rice with curry
Minced meat with mushrooms
Fresh fruit



Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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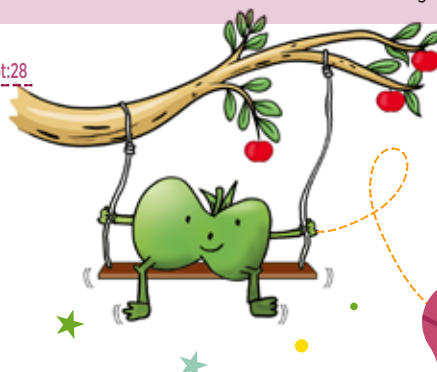
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|---|--|---|---|--|
| 1
Puré de puerro, patata y zanahoria
Lomo fresco con piquillos
Fruta fresca
Leek, potato and carrot purée
Fresh pork loin with peppers
Fresh fruit | 2
Arroz montañés
Pescadilla en salsa verde
Lechuga
Fruta fresca
Rice with pork and pepper
Batter-coated hake fillet
Lettuce
Fresh fruit | 3
Lentejas a la hortelana
Pavo al ajillo con zanahoria
Fruta fresca
Lentils with vegetables
Turkey fillet with garlic and carrot
Fresh fruit | 4
Sopa de cocido
Tortilla de patata
Lechuga
Yogur
Stew soup
Potato omelette
Lettuce
Yogurt | 5 Kcal:739 / HC:64 / Lip:26 / Prot:24
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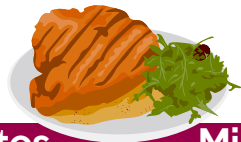
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|---|--|---|--|---|
| 8
Crema de calabacín
Salchichas con tomate
Fruta fresca
Zucchini puree
Backed fresh sausages with tomato
Fresh fruit | 9
Tallarines con queso
Merluza al horno
Lechuga
Fruta fresca
Noodles with cheese
Oven-baked hake fillet
Lettuce
Fresh fruit | 10
Acelgas con patatas
Ternera estofada
Yogur
Swiss chard with potatoes
Veal stew
Yogurt | 11
Garbanzos con crema de verduras
Tortilla francesa con lechuga
Fruta fresca
Chickpeas with vegetables
Omelette
Lettuce
Fresh fruit | 12 Kcal:772 / HC:78 / Lip:23 / Prot:25
Arroz con tomate
Lomo sajonia
Lechuga
Fruta fresca
Rice with tomato
Sajonia pork loin with mushrooms and lettuce
Fresh fruit |
|---|--|---|--|---|

- | | | | | |
|---|---|---|---|--|
| 15
Judía verde casera
Estofado de cerdo
Fruta fresca
Green beans with potatoes
Pork stew
Fresh fruit | 16
Arroz con tomate
Bacalao al horno
Lechuga
Fruta fresca
Rice with tomato sauce
Oven backed cod
Lettuce
Fresh fruit | 17
Alubia blanca a la bilbaína
Pollo asado con champiñones
Lechuga
Fruta fresca
White beans bilbaina style
Roast chicken leg with mushrooms and lettuce
Fresh fruit | 18
Crema de calabaza
Merluza en salsa marinera
Fruta fresca
Pumpkin cream soup
Hake fillet in sea food sauce
Fresh fruit | 19 Kcal:740 / HC:72 / Lip:21 / Prot:27
Sopa de ave con letras
Huevos villarroy
Lechuga
Yogur
Stew soup with letters
Eggs with bechamel
Lettuce
Yogurt |
|---|---|---|---|--|

- | | | | | |
|--|--|---|---|--|
| 22
Borraja con refrito
Hamburguesa de calamar
Lechuga
Fruta fresca
Borage with sauté
Squid burger
Lettuce
Fresh fruit | 23
Macarrones boloñesa
Merluza al orio
Lechuga
Fruta fresca
Macaroni Bolognese
Hake fillet orio style
Lettuce
Fresh fruit | 24
Garbanzos con calabaza
Tortilla de patata
Lechuga
Fruta fresca
Chickpeas with pumpkin
Potato omelette
Lettuce
Fresh fruit | 25
Patatas guisadas con verduras
Contramuslo de pollo campero en salsa de mostaza
Yogur
Stewed potatoes with vegetables
Stew chicken with mustard
Yogurt | 26 Kcal:794 / HC: 81 / Lip:27 / Prot:25
Arroz con tomate
Albóndigas de pescado en salsa
Fruta fresca
Rice with tomato
Fish meatballs in sauce
Fresh fruit |
|--|--|---|---|--|

- | | |
|---|--|
| 29
Judía verde redonda con patatas
Jamón fresco en salsa de naranja
Fruta fresca
Round green beans with potatoes
Fresh pork loin with orange sauce
Fresh fruit | 30 Kcal:793 / HC:71 / Lip:30 / Prot:28
Sopa de cocido
Tortilla de patata
Lechuga
Fruta fresca
Stew soup
Potato omelette
Lettuce
Fresh fruit |
|---|--|





Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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- | | | |
|---|---|---|
| <p>1</p> <p>Alubias pintas con verduras
Varitas de merluza
Lechuga
Fruta fresca</p> <p>Red beans with vegetables
Hake fillet
Lettuce
Fresh fruit</p> | <p>2</p> <p>Purrusalda
Pollo asado a la hortelana
Fruta fresca</p> <p>Potatoes with vegetables
Roast chicken leg with pepper
Fresh fruit</p> | <p>3</p> <p>Kcal:793 / HC:71 / Lip:30 / Prot:28</p> <p>Arroz con verduras
Bacalao en salsa verde
Yogur de Villacorona</p> <p>Rice with vegetables
Cod in green sauce
Local production yogurt</p> |
|---|---|---|

6

7

fiesta

8

9 Lentejas con verduras Albondigas de pescado en salsa Yogur Homemade lentil soup Fish meatballs in green sauce Lettuce Yogurt	10 Kcal:648 / HC:59 / Lip:20 / Prot:26 Arroz con tomate Estofado de pavo Fruta fresca Rice with tomato Turkey stew Fresh fruit
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|--|---|---|---|
| <p>13</p> <p>Borrajá con refrito
Salchichas frescas con tomate
Fruta fresca</p> <p>Borage with sauteed
Baked sausages with tomato
Fresh fruit</p> | <p>14</p> <p>Garbanzos con crema de verduras
Huevos villaroy con lechuga
Fruta fresca</p> <p>Chickpeas with vegetable
Eggs with bechamel
Lettuce
Fresh fruit</p> | <p>15</p> <p>Crema de calabaza
Contramuslos de pollo en salsa
Yogur</p> <p>Pumpkin cream soup
Chicken fillet in sauce
Yogurt</p> | <p>16</p> <p>Arroz con pollo al curry
Merluza al horno
Lechuga
Fruta fresca</p> <p>Rice with curry
Oven backed hake fillet
Lettuce
Fresh fruit</p> |
|--|---|---|---|

20

Puré de verduras
Estofado de ternera
Fruta fresca

Vegetable pureé
Veal stew
Fruit

21

22

Kcal:791 / HC:67 / Lip:23 / Prot:37

Alubia blanca con refrito
Tortilla francesa
Lechuga
Fruta fresca

White beans with pepper and carrot
Omelette and lettuce
Christmas dessert

navidad

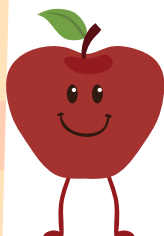
MENÚ CENA DINNER MENU

Completa con un menú adecuado de cena

SI HEMOS COMIDO

PODEMOS CENAR

cereales, legumbres
verduras
carne
pescado
huevo
fruta
lacteo



hortalizas crudas, legumbres cocidas
cereales
pescado o huevo
carne o huevo
pescado o carne magra
lacteo o fruta
fruta



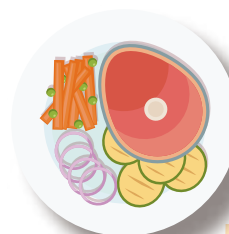
Complete with an adequate dinner menu

IF YOU HAVE EATEN

WE CAN HAVE DINNER

cereals, legumes
vegetables
meat
fish
egg
fruit
dairy

row vegetables, cooked legumes
cereals
fish or egg
meat or egg
fish or lean meat
dairy or fruit
fruit



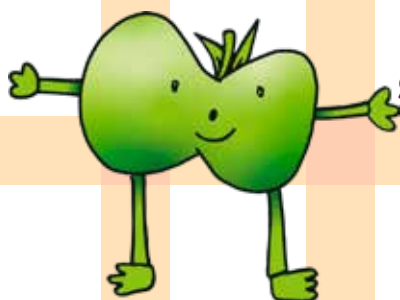
equilibra
tu plato

balances
your dish

50%

Verduras,
ensaladas
y fruta fresca
de temporada

Vegetables,
salads
and fresh
season fruit



25%

Patatas
pasta y arroz
Potatoes,
pasta and rice

25%

Legumbres, pescado,
carne y huevos
Legumes, fish,
meat and eggs



ausolan

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