

Pequeños cambios para cuidar nuestro planeta a través de la alimentación

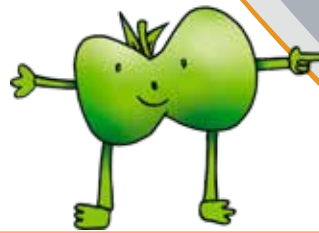

ausolan


menú escolar


Curso 23-24
1er trimestre



La Salle
Franciscanas
Gran Vía


Small changes to take care of our planet through food




 Promover un menor y mejor consumo de carne y productos derivados


 Promote less and better consumption of meat and meat products


 Incrementar el consumo de legumbres

 Increase consumption of pulses

 Consumir productos de proximidad y de temporada


 Consume local and seasonal products


 Aumentar el consumo de alimentos frescos y evitar los ultraprocesados

 Increase the consumption of fresh foods and avoid ultra-processed foods

 Reducir el desperdicio alimentario

 Reduce food waste

 Evitar tanto como sea posible la compra de productos con envase

 Avoid as much as possible the purchase of products with packaging



Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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2 Kcal 503 / HC 68 / Lip 35 / Prot 21 Crema de calabaza Albóndigas de ave y ternera en salsa Fruta fresca Pumpkin cream soup Meatballs in sauce Fresh fruit	3 Kcal 647 / HC 77 / Lip 25 / Prot 34 Garbanzos con huevo Merluza a la menier Ensalada Fruta fresca Chickpeas with egg Hake fillet in lemon sauce and salad Fresh fruit	4 Kcal 819 / HC 94 / Lip 42 / Prot 18 Judía verde casera Tortilla de patata Ensalada de pasta Fruta fresca Homemade green beans Potato omelette Pasta salad Fresh fruit	5 Kcal 608 / HC 74 / Lip 23 / Prot 29 Sopa con fideos integrales Bacalao ajoarriero Ensalada Fruta fresca Chicken soup with wholegrains noodle Ajoarriero Cod Salad Fresh fruit	6 Kcal 771 / HC 128 / Lip 18 / Prot 32 Arroz con tomate Lomo adobado con verduritas Yogur Rice with tomato sauce Marinated loin with sautéed vegetables Yogurt
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9 Kcal 755 / HC 90 / Lip 37 / Prot 18 Acelgas con patata San jacob Ensalada Fruta fresca Swiss chard with potatoes San jacob Salad Fresh fruit	10 Kcal 708 / HC 101 / Lip 15 / Prot 48 Lentejas con verduras Pollo asado a las finas hierbas Fruta fresca / Pan int. Lentils with vegetables Roast chicken with herbs Fruit / Wholegrain bread	11 Kcal 798 / HC 96 / Lip 37 / Prot 42 Tallarines con queso Salchichas con tomate Ensalada Yogur líquido Noodles with cheese Baked sausages with tomato and salad Liquid yogurt		
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16 Kcal 798 / HC 79 / Lip 47 / Prot 33 Guisantes salteados Pescadilla empanada Ensalada de pasta Fruta fresca Peas with potatoes Breaded hake fillet Pasta salad Fresh fruit	17 Kcal 799 / HC 75 / Lip 46 / Prot 25 Crema de verduras Contramuslo de pollo a la mostaza Yogur / Pan integral Vegetable cream soup Chicken steak with mustard sauce Yogurt / Wholegrain bread	18 Kcal 798 / HC 98 / Lip 241 / Prot 26 Arroz con verduras Albóndigas de pescado en salsa verde Fruta fresca Rice with vegetables Fish meatballs in sauce Fresh fruit	19 Kcal 804 / HC 97 / Lip 33 / Prot 28 Ajudía blanca con pimiento y zanahoria Tortilla de patata Ensalada Fruta fresca White beans with pepper and carrot Potato omelette Salad Fresh fruit	20 Kcal 626 / HC 70 / Lip 25 / Prot 34 Sopa ave con estrellitas Lomo en salsa de pimientos y ensalada Fruta fresca Stew soup with stars Fresh pork loin in pepper sauce and lettuce Fresh fruit
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23 Kcal 678 / HC 67 / Lip 27 / Prot 44 Pure de brocoli Estofado de cerdo Fruta fresca Broccoli cream soup Pork stew Fresh fruit	24 Kcal 806 / HC 85 / Lip 35 / Prot 41 Garbanzos con refrito Pollo asado con champiñones Fruta fresca Chickpeas with carrot and garlic Roast chicken leg with mushroom Fresh fruit	25 Kcal 750 / HC 80 / Lip 41 / Prot 16 Borrajá con patatas Tortilla de patata Ensalada Fruta fresca Borage with potatoes Potato omelette Salad Fresh fruit	26 Kcal 710 / HC 104 / Lip 20 / Prot 35 Espaguetis integrales con tomate Merluza en salsa verde Ensalada Fruta fresca Wholegrain spaghetti with tomato sauce Hake fillet in green sauce Salad Fresh fruit	27 Kcal 802 / HC 104 / Lip 33 / Prot 38 Arroz al curry Hamburguesa de calamar y ensalada Yogur Rice with curry Squid burger Salad Yogurt
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30 Kcal 704 / HC 63 / Lip 31 / Prot 27 Judía verde redonda salteada Filete ruso en salsa de verdura Fruta fresca Round green beans Hamburger with vegetable sauce Fresh fruit	31 Kcal 802 / HC 107 / Lip 40 / Prot 32 Arroz con tomate Nuggets de pollo Ensalada Yogur Rice with tomato sauce Chicken nuggets Salad Yogurt			
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			Kcal 798 / HC 98 / Lip 35 / Prot 25	Kcal 644 / HC 96 / Lip 14 / Prot 39
			Macarrones napolitana	Lentejas con puerro y zanahoria
			Huevos villaroy	Merluza en salsa marinera
			Ensalada	Fruta fresca / Pan int.
			Fruta fresca	Lentils with and carrot
			Neapolitan macaroni	Hake fillet in sailor sauce
			Eggs with bechamel	Fruit / Wholegrain bread
			Salad	
			Fresh fruit	

6	7	8	9	10
Kcal 801 / HC 99 / Lip 38 / Prot 18	Kcal 796 / HC 102 / Lip 34 / Prot 29	Kcal 705 / HC 74 / Lip 30 / Prot 27	Kcal 796 / HC 93 / Lip 35 / Prot 28	Kcal 698 / HC 75 / Lip 17 / Prot 23
Crema de calabacín	Arroz 3 delicias	Acelgas con patatas	Garbanzos con crema de verduras	Sopa de ave con fideos integrales
San jacob	Merluza al orio	Contramuslo de pollo en salsa	Tortilla de patata	Lomo adobado con verduritas
Ensalada de pasta	Ensalada	Yogur	Ensalada	Fruta fresca
Fruta fresca	Fruta fresca	Yogur	Fruta fresca	Fruta fresca
Zucchini cream soup	Rice	Swiss chard with potatoes	Cheackpeas with vegetables	Chicken soup with wholegrain noodles
San jacob	Hake fillet orio style	Chicken fillet in sauce	Omelette with potatoes	Marinated loin with sauteed vegetables
Pasta salad	Salad	Yogurt	Salad	Fresh fruit
Fresh fruit	Fresh fruit		Fresh fruit	

13	14	15	16	17
Kcal 635 / HC 74 / Lip 27 / Prot 27	Kcal 791 / HC 96 / Lip 34 / Prot 28	Kcal 798 / HC 98 / Lip 35 / Prot 30	Kcal 605 / HC 65 / Lip 25 / Prot 31	Kcal 798 / HC 103 / Lip 38 / Prot 48
Puré de verduras	Alubia blanca a la bilbaina	Arroz con verduras	Judías verdes con patata y zanahoria	Macarrones integrales con tomate
Bacalao ajoarriero	Tortilla de patata	Albóndigas de pescado en salsa y ensalada	Muslo de pollo asado con champiñones	Lomo en salsa de verduras y ensalada
Fruta fresca	Ensalada	Fruta fresca	Fruta fresca	Yogur
Vegetable purée	Fruta fresca	Rice with vegetables	Homemade green beans	Wholegrain macarron with tomato sauce
Ajoarriero cod	White beans	Fish meatballs in sauce and salad	Roast chicken leg with mushrooms	Pork loin in vegetable sauce and salad
Fresh fruit	Omelette with potatoes	Fresh fruit	Fresh fruit	Yogurt
	Salad			
	Fresh fruit			

20	21	22	23	24
Kcal 798 / HC 107 / Lip 36 / Prot 30	Kcal 798 / HC 87 / Lip 40 / Prot 23	Kcal 617 / HC 65 / Lip 22 / Prot 40	Kcal 794 / HC 81 / Lip 18 / Prot 38	Kcal 795 / HC 103 / Lip 31 / Prot 47
Patatas guisadas con verduras	Guisantes salteados	Sopa de ave con fideos integrales	Garbanzos con calabaza	Arroz con tomate
Hamburguesa de calamar	Tortilla de patata	Estofado de pavo	Merluza en salsa verde	Contramuslo de pollo en salsa de mostaza
Ensalada de pasta	Ensalada	Ensalada	Fruta fresca	Yogur
Fruta fresca	Fruta fresca	Fruta fresca	Fruta fresca	Yogur
Stewed potatoes with vegetables	Borage with potatoes	Chicken soup with wholegrain noodles	Chickpeas with pumpkin	Rice with tomato souce
Squid burger	Potato omelette	Stewed turkey	Hake fillet in green sauce	Chicken fillet with pepper and carrot
Pasta salad	Salad	Salad	Fresh fruit	
Fresh fruit	Fresh fruit	Fresh fruit		

27	28	29	30
Kcal 798 / HC 73 / Lip 46 / Prot 25	Kcal 742 / HC 109 / Lip 20 / Prot 35	Kcal 613 / HC 75 / Lip 23 / Prot 31	Kcal 772 / HC 96 / Lip 32 / Prot 27
Menestra casera de verduras	Espaguetis con tomate	Crema de calabaza	Lentejas estofadas
Pescadilla empanada	Albondigas en salsa con champiñones	Pollo asado a las finas hierbas	Tortilla de patata
Ensalada	Fruta fresca	Fruta fresca / Pan int.	Ensalada
Fruta fresca	Fruta fresca	Fruta fresca / Pan int.	Fruta fresca
Homemade vegetable stew	Spaghetti with tomato	Pumpkin cream soup	Lentils with vegetables
Breaded hake fillet	Turkey meatballs in mushroom sauce	Roast chicken leg with herbs	Omelette with potatoes
Salad	Fresh fruit	Fruit / Wholegrain bread	Salad
Fresh fruit			Fresh fruit



En el comedor se sirven las cantidades acordes a la edad de los niños, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades (para rango de edad entre 3 y 8 años correspondena un 80% de la calibración indicada).

El menú incluye agua y pan. Estos menús han sido revisados y aprobados por la dietista-nutricionista colegiada ARA00204. Por causa de fuerza mayor Ausolan se reserva el derecho de hacer cambios en el menú.

NOTA

The portion served in the dining room adjusts to childrens age ranges according to their needs (ages between 3 and 8 are 80% of the nutrition facts).

The menu includes water and bread. These menus have been checked and approved by professionals in human Nutrition and dietetics (Dietitian ARA00204). Ausolan may change the menu due to reasons of force majeure.

NOTA

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- 1** Kcal 798 / HC 93 / Lip 30 / Prot 35
- Arroz al curry
 - Merluza al orio
 - Ensalada
 - Yogur
 - Rice with curry
 - Hake fillet orio style
 - Salad
 - Yogurt

- 4** Kcal 757 / HC 79 / Lip 40 / Prot 18
- Puré de calabacín
 - Varitas de merluza
 - Ensalada
 - Fruta fresca
 - Zucchini cream soup
 - Hake wands
 - Salad
 - Fresh fruit
- 5** Kcal 798 / HC 98 / Lip 35 / Prot 37
- Arroz 3 delicias
 - Salchichas con tomate
 - Fruta fresca
 - Rice
 - Baked sausages with tomato
 - Fresh fruit



- 8**
- festivos**
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- 11** Kcal 731 / HC 79 / Lip 38 / Prot 21
- Borraja con refrito
 - Huevos villaroy
 - Ensalada
 - Fruta fresca
 - Borage with sautee
 - Eggs with béchamel
 - Salad
 - Fresh fruit
- 12** Kcal 778 / HC 98 / Lip 27 / Prot 35
- Arroz montañés
 - Merluza en salsa marinera y lechuga
 - Fruta fresca
 - Rice with pork
 - Hake fillet in sailor sauce
 - Salad
 - Fresh fruit

- 13** Kcal 728 / HC 68 / Lip 31 / Prot 31
- Crema de verduras
 - Estofado de ternera
 - Yogur
 - Vegetable cream soup
 - Veal stew
 - Fresh fruit

- 14** Kcal 764 / HC 83 / Lip 30 / Prot 48
- Garbanzos con refrito
 - Pollo asado con verduras
 - Fruta fresca
 - Chickpeas with carrot and garlic
 - Roast chicken with vegetables
 - Fresh fruit

- 15** Kcal 798 / HC 98 / Lip 31 / Prot 32
- Macarrones integrales con tomate
 - Filete ruso en salsa de verduras
 - Fruta fresca
 - Wholegrain macarron with tomato sauce
 - Minced meat with mushrooms
 - Fresh fruit

- 18** Kcal 796 / HC 71 / Lip 46 / Prot 26
- Puré de brocoli
 - Pescadilla empanada
 - Ensalada de pasta
 - Fruta fresca
 - Broccoli cream soup
 - Breaded hake fillet
 - Pasta salad
 - Fresh fruit
- 19** Kcal 683 / HC 71 / Lip 28 / Prot 34
- Sopa de fideos integrales
 - Cabezada con pimientos
 - Ensalada
 - Fruta fresca
 - Chicken soup with wholegrain noodles
 - Fresh pork loin with pepper sauce and salad
 - Fresh fruit

- 20** Kcal 798 / HC 97 / Lip 34 / Prot 33
- Lentejas con verduras
 - Tortilla de patata
 - Ensalada
 - Fruta fresca
 - Lentils with vegetables
 - Omelette with potatoes
 - Salad
 - Fresh fruit

