

diciembre december

curso 2018-2019 / 2018-2019 school year



lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
03 Kcal.863 Hc.79 Lip.51 Prot.30 <ul style="list-style-type: none"> • Cocido de judías verdes • Salchichas frescas en salsa con patatas asadas • Fruta <ul style="list-style-type: none"> • Green beans stew • Sausages in sauce with potatoes • Fruit 	04 Kcal.810 Hc.113 Lip.26 Prot.32 <ul style="list-style-type: none"> • Arroz con atún • Jamón asado en salsa con verduras • Yogur <ul style="list-style-type: none"> • Rice with tuna • Ham roast in sauce with vegetables • Yoghurt 	05 Kcal.622 Hc.91 Lip.16 Prot.32 <ul style="list-style-type: none"> • Fabas estofadas • Merluza en salsa verde con verduritas • Fruta <ul style="list-style-type: none"> • Bean stew • Hake in green sauce with vegetables • Fruit 	06 <p style="text-align: center;">FIESTA</p> <p style="text-align: center;">NOT SCHOOL</p>	07 <p style="text-align: center;">FIESTA</p> <p style="text-align: center;">NOT SCHOOL</p>
10 Kcal.654 Hc.86 Lip.23 Prot.28 <ul style="list-style-type: none"> • Puré de verduras • Pollo asado al limón con patatinas • Fruta <ul style="list-style-type: none"> • Creamed vegetables • Roasted chicken in sauce with potatoes • Fruit 	11 Kcal.794 Hc.109 Lip.33 Prot.18 <ul style="list-style-type: none"> • Caracollillos napolitana • Albóndigas de pescado en salsa de pimiento verde • Fruta <ul style="list-style-type: none"> • Macaroni napolitana • Meatballs fish in green sauce • Fruit 	12 Kcal.771 Hc.101 Lip.29 Prot.27 <ul style="list-style-type: none"> • Pote asturiano • Tortilla de patatas • Ensalada lechuga • Fruta <ul style="list-style-type: none"> • Bean stew with vegetables • Spanish omelette • Lettuce • Fruit 	13 Kcal.644 Hc.69 Lip.29 Prot.26 <ul style="list-style-type: none"> • Sopa lluvia • Filete ruso con salsa de tomate • Yogur <ul style="list-style-type: none"> • Noodle soup • Burger in tomato sauce • Yoghurt 	14 Kcal.649 Hc.86 Lip.21 Prot.34 <ul style="list-style-type: none"> • Lentejas a la castellana • Merluza a la gallega con zanahoria • Fruta <ul style="list-style-type: none"> • Castellana lentil stew • Hake in paprica sauce with carrot • Fruit
17 Kcal.642 Hc.71 Lip.26 Prot.34 <ul style="list-style-type: none"> • Cocido de judías verdes • Pechuga de pollo en salsa de champiñón con patata dado • Fruta <ul style="list-style-type: none"> • Green beans stew • Chicken breast with sauce and mushrooms • Fruit 	18 Kcal.691 Hc.92 Lip.25 Prot.28 <ul style="list-style-type: none"> • Patatas a la riojana • Merluza en salsa de manzana con zanahoria • Fruta <ul style="list-style-type: none"> • Patatoes with spicy • Hake in apple sauce with carrot • Fruit 	19 Kcal.642 Hc.72 Lip.22 Prot.38 <ul style="list-style-type: none"> • Sopa minestrone • Ternera guisada con patatas • Yogur <ul style="list-style-type: none"> • Minestrone soup • Stewed beff with potatoes • Yoghurt 	20 Kcal.633 Hc.92 Lip.18 Prot.30 <ul style="list-style-type: none"> • Garbanzos estofados • Salmón a la naranja con verduritas • Fruta <ul style="list-style-type: none"> • Chickpea stew • Salmon orange with vegetable • Fruit 	21 Kcal.974 Hc.128 Lip.41 Prot.26 <ul style="list-style-type: none"> • Macarrones con atún • Tortilla de patatas con tomate • Pastelito de chocolate <ul style="list-style-type: none"> • Macaroni with tuna • Spanish omelette with tomato • Small cake
24 <p style="text-align: center;">VACACIONES</p> <p style="text-align: center;">HOLIDAYS</p>	25 <p style="text-align: center;">VACACIONES</p> <p style="text-align: center;">HOLIDAYS</p>	26 <p style="text-align: center;">VACACIONES</p> <p style="text-align: center;">HOLIDAYS</p>	27 <p style="text-align: center;">VACACIONES</p> <p style="text-align: center;">HOLIDAYS</p>	28 <p style="text-align: center;">VACACIONES</p> <p style="text-align: center;">HOLIDAYS</p>

31
VACACIONES
HOLIDAYS
