

February 2025 menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 3rd | 4th | 5th | 6th | 7th |
| Stewed lentils Grilled loin Sautéed mushrooms Fruit | Macaroni carbonara Grilled salmon Mixed salad Fruit yogurt | White rice with tomato Garlic chicken Diced potatoes Fruit | Pepperini soup with ham Grilled beef burger Tomato and tuna salad Cream caramel | Carrot and leek soup Escallopes Pineapple salad Fruit |
| Kcal. =756 HC=56,3% Prot. = 15,8% Lip.=27,5% | Kcal. =761 HC=50,8% Prot. = 15,8% Lip.=33,0% | Kcal. =716 HC=56,3% Prot. = 16,8% Lip.=26,5% | Kcal. =705HC=52,4% Prot. = 18,7% Lip.=28,8% | Kcal. =761 HC=50,8% Prot. = 15,6% Lip.=33,0% |
| 10th | 11th | 12th | 13th | 14th |
| Curry rice Grilled cutlet Baking potatoes Fruit | Stewed beans Grilled chicken Baby carrots Fruit yogurt | Pasta grilled Omelette Fresh sausages Fruit | Stewed peas Grilled skewers Courgette garnish Fruit yogurt | Potatoes with bacon and chorizo Cod Spanish ratatouille Peaches in syrup |
| Kcal. =748 HC=33,8% Prot. = 21,5% Lip.=44,7% | Kcal. =720 HC=50,6% Prot. = 20,1% Lip.=30,5% | Kcal. =762 HC=51,8% Prot. = 15,8% L ip.=33,0% | Kcal. =762 HC=50,8% Prot. = 21,4% Lip.=27,6% | Kcal. =710 HC=50,6% Prot. = 18,1% Lip.=30,5% |
| 17th | 18th | 19th | 20th | 21st |
| Vegetables purée Grilled beef burgers Imperial salad Fruit | Noodle Soup Madrid Stew & Veggies Diced Beef & chorizo Custard | Greek rice Grilled chicken Potatoes wedges Fruit | Spirals Bolognese Battered hake Home made croquettes Fruit yogurt | Pasta Maravilla soup Stewed meat in sauce Sautéed mushrooms Fruit |
| Kcal. =719 HC=51,1% Prot. = 20,7% Lip.=27,6% | Kcal. =771 HC=53,7% Prot. = 25,2% Lip.=21,1% | Kcal. =697 HC=61,4% Prot. = 14,0% Lip.=24,3% | Kcal. =744HC=49,9% Prot. = 15,7% Lip.=34,1 | Kcal. =647 HC=51,5% Prot. = 19,7% Lip.=28,6% |
| 24th | 25th | 26th | 27th | 28th |
| Green beans with ham Meatballs in sauce Chips Fruit | Pasta with tuna Veal ragout Vegetables Jelly | Three delicacies rice Kasseler Roasted pepper Fruit | Stewed beans Roasted chicken thighs Mixed salad Fruit yogurt | Non-school day according to official calendar |
| Kcal. =762 HC=50,8% Prot. = 21,4% Lip.=27,6% | Kcal. =753 HC=56,7 Prot. = 15,8% Lip.=27,5% | Kcal. =763 HC=59,7 Prot. = 16,9% Lip.=25,0% | Kcal. =771 HC=53,7% Prot. = 25,2% Lip.=21,1% | |



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| Lunes | Martes | Miércoles | Jueves | Viernes |
|--|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Lentejas con chorizo Lomo a la plancha Guarnición de champiñón Fruta del tiempo | Macarrones carbonara Salmón a la plancha Ensalada mixta Yogurt de frutas | Arroz blanco con tomate Pollo al ajillo Patatas dado Fruta del tiempo | Sopa de lluvia con jamón Hamburguesa de ternera a la plancha Ensalada de tomate y atún Flan | Crema de zanahoria y puerro Escalopines Ensalada de piña Fruta del tiempo |
| Kcal. =756 HC=56,3% Prot. = 15,8% Lip.=27,5% | Kcal. =761 HC=50,8% Prot. = 15,8% Lip.=33,0% | Kcal. =716 HC=56,3% Prot. = 16,8% Lip.=26,5% | Kcal. =705HC=52,4% Prot. = 18,7% Lip.=28,8% | Kcal. =761 HC=50,8 % Prot. = 15,6% Lip.=33,0% |
| 10 | 11 | 12 | 13 | 14 |
| Arroz al curry Chuletas a la plancha Patatas panaderas Fruta del tiempo | Judías estofadas Pollo asado Zanahorias baby Yogurt de frutas | Espaguetis gratinados Tortilla de patata Salchichas frescas Fruta del tiempo | Guisantes a la extremeña Brochetas a la plancha Guarnición de calabacín Yogurt de frutas | Patatas con bacon y chorizo Bacalao Pisto manchego Melocotón en almíbar |
| Kcal. =748 HC=33,8% Prot. = 21,5% Lip.=44,7% | Kcal. =720 HC=50,6% Prot. = 20,1% Lip.=30,5% | Kcal. =762 HC=51,8% Prot. = 15,8% L ip.=33,0% | Kcal. =762 HC=50,8% Prot. = 21,4% Lip.=27,6% | Kcal. =710 HC=50,6% Prot. = 18,1% Lip.=30,5% |
| 17 | 18 | 19 | 20 | 21 |
| Puré de la huerta Filetes rusos Ensalada Imperial Fruta del tiempo | Sopa de fideos Cocido y verduras Taquitos de carne y chorizo Natillas | Arroz a la griega Filete de pollo a la plancha Patatas gajo Fruta del tiempo | Espirales bolognesa Merluza a la romana Croquetas de jamón Yogurt de frutas | Sopa maravilla Magro con tomate Salteado de setas Fruta del tiempo |
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| 24 | 25 | 26 | 27 | 28 |
| Judías verdes con jamón Albóndigas en salsa de tomate Fruta del tiempo | Coditos con atún Ragú de ternera Verduritas Gelatina | Arroz tres delicias Chuletas de Sajonia a la plancha Pimiento asado Fruta del tiempo | Judías pintas Muslitos de pollo asados Ensalada mixta Yogurt de frutas | Día no lectivo según calendario oficial |
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Febrero 2025