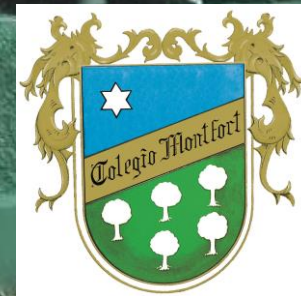


May 2021 Menu



Lunes	Martes	Miércoles	Jueves	Viernes
3	4	5	6	7
DIA NO LECTIVO Según Calendario Oficial C.A.M.	DIA NO LECTIVO Según Calendario Oficial C.A.M.	Arroz tres delicias Pollo con tomate Patatas fritas Fruta del tiempo	Espaguetis gratinados Escalopines Guarnición de setas Melocotón en almíbar	Sopa de lluvia con jamón Tortilla española Salchichas frescas Fruta del tiempo
		Kcal. =816 HC=46,8% Prot. = 15,0 Lip.= 37,9%	Kcal. =673 HC=47, 6% Prot. = 17,3 Lip.= 35,1%	Kcal. =771 HC=53,7% Prot. = 25,2 Lip.= 29,1%
10	11	12	13	14
Judías verdes c/ jamón Hamburguesa de ternera a la plancha Ensalada de tomate y atún Fruta del tiempo	Sopa de fideos c/ huevo Filete de pollo a la plancha Patatas gajo Yogurt de frutas	Tallarines con gambas Merluza a la romana Ensalada imperial Fruta del tiempo	Arroz blanco con tomate Magro al ajillo Patatas dado Helado	Lentejas a la cazuela Ragú de ternera Verduritas Natillas
Kcal. =609 HC=38,2% Prot. = 17,6 Lip.= 44,1%	Kcal. =573 HC=51,0% Prot. = 15,3 Lip.= 33,4%	Kcal. =631 HC=53,2% Prot. = 15,0 Lip.= 31,5%	Kcal. =583 HC=58,4% Prot. = 12,6 Lip.= 28,8%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%
17	18	19	20	21
Macarrones c/ chorizo Filetes rusos Rostis de cebolla Fruta del tiempo	Sopa de fideos Cocido y verduras Taqitos de carne y chorizo Yogur de frutas	Guisantes c/ jamón Brochetas a la plancha Patatas panaderas Fruta del tiempo	Arroz a la milanesa Chuleta a la pimienta verde Guarnición de champiñón Flan	Ensalada campera Bacalao Pisto manchego Helado
Kcal. =621 HC=49,7% Prot. = 18,8 Lip.= 30,1%	Kcal. =520 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%	Kcal. =638 HC=56,1% Prot. = 11,4 Lip.= 32,4%	Kcal. =638 HC=56,1% Prot. = 11,4 Lip.= 32,4%
24	25	26	27	28
Crema de zanahoria y puerro Lomo a la plancha Patatas al ajillo Yogurt de frutas	Espirales a la carbonara Fritura andaluza Empanadillas de atún Fruta del tiempo	Ensaladilla rusa Escalope de pollo Guarnición de calabacín Yogurt de frutas	Arroz al curry Lacón braseado Patatas a la gallega Fruta del tiempo	Empedrado de judías Albóndigas en salsa Verduritas Gelatina
Kcal. =583 HC=44,4% Prot. = 17,4 Lip.= 36,5%	Kcal. =633 HC=49,0% Prot. = 14,7 Lip.= 36,5%	Kcal. =610 HC=38,1% Prot. = 17,9 Lip.= 44,0%	Kcal. =607 HC=49,2% Prot. = 18,4 Lip.= 32,4%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%
31				
Patatas con costillas Pollo al ajillo Guarnición de arroz Fruta del tiempo				
Kcal. =664 HC=48,0% Prot. = 16,3 Lip.= 35,4%				

Mayo 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3rd	4th	5th	6th	7th
NO SCHOOL DAY According to C.A.M. Official Calendar	NO SCHOOL DAY According to C.A.M. Official Calendar	Three delights Rice Chicken with tomato Chip Fruit	Spirals grilled Scallops Mushroom garnish Peaches in syrup	Pepperini soup with ham Spanish tortilla Fresh sausages Fruit
		Kcal. =816HC=46,8% Prot. = 15,0 Lip.= 37,9%	Kcal. =673 HC=47, 6% Prot. = 17,3 Lip.= 35,1%	Kcal. =771HC=53,7% Prot. = 25,2 Lip.= 29,1%
10th	11th	12th	13th	14th
Green beans with ham Sauce grilled beef burger Tomato and tuna salad Fruit	Noodle soup Grilled chicken Potatoes wedges Fruit yogurt	Tagliatelle with prawns Battered hake imperial salad Fruit	White rice with tomato Garlic meat Potatoes wedges Ice cream	Stewed lentils Veal ragout Vegetables Custard
Kcal. =609 HC=38,2% Prot. = 17,6 Lip.= 44,1%	Kcal. =573 HC=51,0% Prot. = 15,3 Lip.= 33,4%	Kcal. =631 HC=53,2% Prot. = 15,0 Lip.= 31,5%	Kcal. =583 HC=58,4% Prot. = 12,6 Lip.= 28,8%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%
17th	18th	19th	20th	21th
Macaroni with chorizo Grilled beef burgers Onion röstis Fruit	Noodle Soup Madrid Stew & Veggies Diced Beef & Chorizo Fruit yogurt	Stewed peas & ham Grilled skewers Baking potatoes Fruit	Milanese risotto Cutlet in green pepper sauce Mushroom garnish Cream caramel	Spanish country salad Cod Spanish ratatouille Ice cream
Kcal. =621 HC=49,7% Prot. = 18,8 Lip.= 30,1%	Kcal. =520 HC=54,7% Prot. = 22,2 Lip.= 23,2%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%	Kcal. =638 HC=56,1% Prot. = 11,4 Lip.= 32,4%	Kcal. =638 HC=56,1% Prot. = 11,4 Lip.= 32,4%
24th	25th	26th	27th	28th
Carrot and leek soup Grilled loin Garlic potatoes Fruit yogurt	Pasta carbonara Andalusian Deep-fried fish Tuna patties Fruit	Spanish potato salad Chicken scallops Courgette garnish Fruit yogurt	Curry rice Braised lamb Galician style potatoes Fruit	Stewed beans with rice Meatballs in sauce Vegetables Jelly
Kcal. =583 HC=44,4% Prot. = 17,4 Lip.= 36,5%	Kcal. =633 HC=49,0% Prot. = 14,7 Lip.= 36,5%	Kcal. =610 HC=38,1% Prot. = 17,9 Lip.= 44,0%	Kcal. =607 HC=49,2% Prot. = 18,4 Lip.= 32,4%	Kcal. =606 HC=45,0% Prot. = 11,3 Lip.= 43,6%
31th				
Oven baked ribs & potatoes Garlic chicken Rice garnish Fruit				
Kcal. =664 HC=48,0% Prot. = 16,3 Lip.= 35,4%				

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