

MENU ESCOLAR 2024-25 v.24

	DIA 1	DIA 2	DIA 3	DIA 4	DIA 5																																																																						
1	<p>Arroz caldoso</p> <p>Dorada horno 🐟</p> <p>Ensalada Variada (lechuga,tomate,cebolla,maiz)</p> <p>Pan Integral y Fruta</p>	<p>Macarrones con tomate frito 🍝</p> <p>Lomo cerdo horno</p> <p>Menestra de verduras saltada (zanahorias,judias,guisantes,coliflor)</p> <p>Pan Blanco y Fruta</p>	<p>Sopa de puchero con garbanzos y verduras</p> <p>Tortilla francesa horno 🍳</p> <p>Tomate aliñado</p> <p>Pan Blanco y Fruta</p>	<p>Crema de calabacin</p> <p>Hamburguesa pollo 🍔</p> <p>Patatas fritas</p> <p>Pan Blanco y Fruta</p>	<p>Alubias estofadas</p> <p>Capricho calamar 🍤</p> <p>Ensalada del Tiempo (lechuga,tomate,cebolla, col lombarda)</p> <p>Pan Blanco y Yogur sabores 🥛</p>																																																																						
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2	<p>LUNES</p> <p>Alubias estofadas</p> <p>Nugget pollo horno 🍗</p> <p>Verduras al vapor</p> <p>Pan Integral y Fruta</p>	<p>MARTES</p> <p>Espaguetis a la napolitana (tomate,orégano) 🍝</p> <p>Bacalao horno a las finas hierbas 🐟</p> <p>Ensalada Variada (lechuga,tomate,cebolla,maiz)</p> <p>Pan Blanco y Macedonia</p>	<p>MIÉRCOLES</p> <p>Lentejas estofadas con arroz</p> <p>Revuelto de verduras con patatas 🍳</p> <p>Pan Blanco y Gelatina</p>	<p>JUEVES</p> <p>Crema de zanahorias</p> <p>Abondigas pollo-ternera horno en salsa pepitoria ( cebolla,ajo) 🍗</p> <p>Arroz salteado al ajillo</p> <p>Pan Blanco y Fruta</p>	<p>VIERNES</p> <p>Cazuela de fideos con cazón 🍝</p> <p>Tortilla patata y cebolla horno 🍳</p> <p>Ensalada de tomate, lechuga y aceitunas</p> <p>Pan Blanco y Yogur sabores 🥛</p>																																																																						
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3	<p>LUNES</p> <p>Macarrones con tomate frito 🍝</p> <p>Tilapia horno salsa verde 🐟</p> <p>Ensalada Variada (lechuga,tomate,cebolla,maiz)</p> <p>Pan Integral y Fruta</p>	<p>MARTES</p> <p>Sopa de puchero con garbanzos y arroz</p> <p>Croquetas jamón horno 🍗</p> <p>Menestra de verduras saltada (zanahorias,iudias,quisantes,coliflor)</p> <p>Pan Blanco y Fruta</p>	<p>MIÉRCOLES</p> <p>Arroz tres delicias (guisantes,zanahorias,maiz, pavo)</p> <p>Tortilla francesa horno 🍳</p> <p>Ensalada del Tiempo (lechuga,tomate,cebolla, col lombarda)</p> <p>Pan Blanco y Fruta</p>	<p>JUEVES</p> <p>Crema de calabaza con picatostes 🍷</p> <p>Lomo cerdo al horno</p> <p>Patatas fritas</p> <p>Pan Blanco y Fruta</p>	<p>VIERNES</p> <p>Lentejas campesinas</p> <p>Tortilla patata y cebolla horno 🍳</p> <p>Ensalada de tomate</p> <p>Pan Blanco y Yogur sabores 🥛</p>																																																																						
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