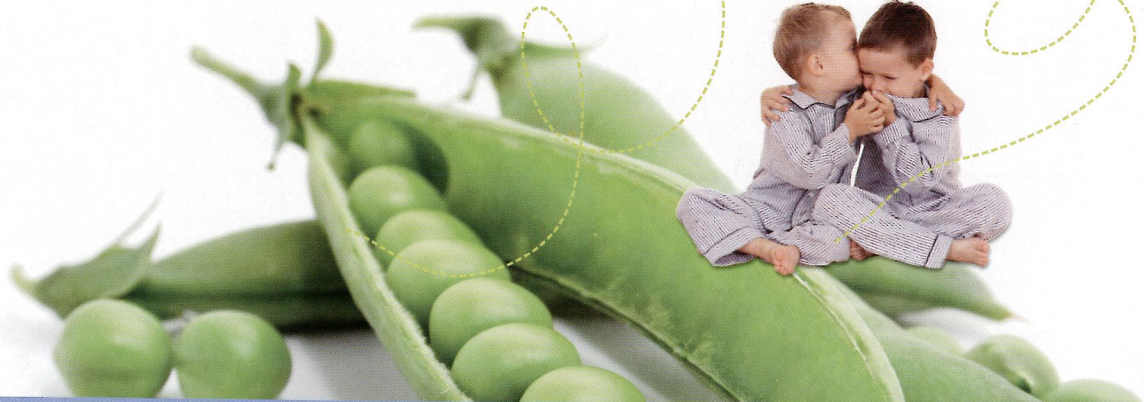
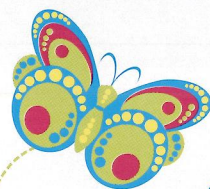


ausolan
geslagun



2010.2011 /

Menu Colegio "APOSTOL SANTIAGO"
CURSO 11/12 SEPTIEMBRE

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

12 Kcal. 1021 H.C.144 Lip35 Prot 32
Pasta c/tomate y queso
Pasta with tomato & cheese
San Jacobo c/ensalada
Breaded Ham&cheese w/ salad
Fruta/fruit

19 Kcal. 660 H.C.60 Lip18 Prot 29
Sopa de ave
Chicken soup
Fte pollo empanado c/patatas
Breaded chicken w/ potatoes
Fruta/fruit

26 Kcal. 841 H.C.95 Lip32 Prot 43
Lentejas Estofadas
Stewed Lentils
Hamburguesa c/tomate
Burger with tomato
Fruta/fruit

18 Kcal. 695 H.C.89 Lip21 Prot 37
Lentejas Estofadas
Stewed lentils
Pescado a la romana
Breaded fish
Yogur/yogur

20 Kcal. 938 H.C.124 Lip41 Prot 32
Crema de zanahoria
Carrot cream
Salchichas c/ketchup
Sausages w/ketchup
Actimel/Actimel

27 Kcal. 817 H.C.84 Lip38 Prot 58
Crema hortelana
Pumkin cream
Muslo de pollo con chips
Chicken with chips
Actimel/Actimel

14 Kcal. 736 H.C.70 Lip25 Prot 59
Puré de verduras
Vegetables cream
Pollo asado con champis
Roasted chicken with mushroom
Fruta/fruit

21 Kcal. 687 H.C.72 Lip30 Prot 31
Judías Blancas estofadas
Stewed white beans
Merluza al horno c/ensalada
Roasted hake w/salad
Fruta/fruit

28 Kcal. 993 H.C.82 Lip24 Prot 46
Arroz c/verduras
Rice with vegetables
Tortilla de jamón c/ensalada
Ham omelette w/salad
Fruta/fruit

15 Kcal. 650 H.C.86 Lip17 Prot 37
Patatas Riojana
Riojana Potatoes
Merluza en salsa verde
Hake in green sauce
Actimel/Actimel

22 Kcal. 641 H.C.71 Lip25 Prot 32
Judías verdes c/refrito
Sauted green beans
Guisado de ternera
Stewed Beef
Natillas/Custards

29 Kcal. 727 H.C.82 Lip24 Prot 46
Patatas en salsa verde
Potatoes in Green sauce
Guisado de pavo
Turkey stew
Yogur/yogur

16 Kcal. 934 H.C.141 Lip32 Prot 21
Arroz con tomate
Rice with tomato
Tortilla de patata c/ensalada
Potato omelette w/salad
Fruta/fruit

23 Kcal. 950 H.C.121 Lip37 Prot 32
Arroz c/pollo
Rice with chicken
Tortilla de atún c/ensalada
Tuna omelette w/salad
Fruta/fruit

30 Kcal. 884 H.C.102 Lip37 Prot 35
Espirales c/chorizo
Pasta with chorizo
Pescado empanado c/mahonesa
Breaded fish w/mayonaise
Fruta/fruit

Valores Energéticos Aproximados/Energetic Values approximate