



ENERO JANUARY

FEBRERO FEBRUARY

MARZO MARCH

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
01	02	03	04	05
FIESTA	FIESTA	FIESTA	FIESTA	FIESTA
NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL
08 08:00 P.M. - 10:20 P.M. UGAR	09 08:00 P.M. - 10:20 P.M. UGAR	10 08:00 P.M. - 10:20 P.M. UGAR	11 08:00 P.M. - 10:20 P.M. UGAR	12 08:00 P.M. - 10:20 P.M. UGAR
<ul style="list-style-type: none"> Arroz blanco con tomate Lomo adobado con pimientos rojos Fruita 	<ul style="list-style-type: none"> Lentejas con zanahorias Limanda rebozada con champiñones Yogur 	<ul style="list-style-type: none"> Sopa de fideos Tortilla de limón con patata panadera Fruita 	<ul style="list-style-type: none"> Ajudias blancas con refrito Tortilla de patata con tomate en rodajas Actimel 	<ul style="list-style-type: none"> Crema de zanahorias Albóndigas a la campesina Fruita
<ul style="list-style-type: none"> White rice with tomato sauce Garlic marinated tenderloin with red peppers Fruit 	<ul style="list-style-type: none"> Lentils with carrots Roman style dab with mushrooms Yogurt 	<ul style="list-style-type: none"> Noodle soup Roast chicken lemon with chips Fruit 	<ul style="list-style-type: none"> Fried white beans Spanish omelette with tomato slices Actimel 	<ul style="list-style-type: none"> Carrot cream Meatballs in vegetables sauce Fruit
15 08:00 P.M. - 10:20 P.M. UGAR	16 08:00 P.M. - 10:20 P.M. UGAR	17 08:00 P.M. - 10:20 P.M. UGAR	18 08:00 P.M. - 10:20 P.M. UGAR	19 08:00 P.M. - 10:20 P.M. UGAR
<ul style="list-style-type: none"> Judías verdes con patatas San Jacinto con ensalada Fruita 	<ul style="list-style-type: none"> Macarrones napoletana Merluza en salsa verde con guisantes Yogur 	<ul style="list-style-type: none"> Chickpeas con chorizo Hamburguesas en salsa con guisantes Fruita 	<ul style="list-style-type: none"> Patatas a la marinera Lomo asado en salsa con champiñones Yogur 	<ul style="list-style-type: none"> Lentejas a la castellana Pachuga de pollo a la naranja con pimientos Fruita
<ul style="list-style-type: none"> Green beans with potatoes Horn cod on fish with salad Fruit 	<ul style="list-style-type: none"> Napoleton style macaroni Hake fillet in green sauce with peas Yogurt 	<ul style="list-style-type: none"> Chickpeas with vegetables Hamburger in tomato sauce Fruit 	<ul style="list-style-type: none"> Seafood style potatoes Baked saxon fish with mushrooms Yogurt 	<ul style="list-style-type: none"> Castellana style lentils Chicken breast in orange sauce with red peppers Fruit
22 08:00 P.M. - 10:20 P.M. UGAR	23 08:00 P.M. - 10:20 P.M. UGAR	24 08:00 P.M. - 10:20 P.M. UGAR	25 08:00 P.M. - 10:20 P.M. UGAR	26 08:00 P.M. - 10:20 P.M. UGAR
<ul style="list-style-type: none"> Arroz con verduras Salchichas en salsa con chips Fruita 	<ul style="list-style-type: none"> Sopa de cocido Cocido completo Yogur 	<ul style="list-style-type: none"> Patatas gratinadas Tortilla de york con lechuga Fruita 	<ul style="list-style-type: none"> Menestra de verduras con jamón Pollo guisado con patata dado Natas de vainilla 	<ul style="list-style-type: none"> Ajudias pintas con chorizo Bacalao en salsa roja con pimientos Fruita
<ul style="list-style-type: none"> Rice with vegetables Sausages in vegetable sauce and chips Fruit 	<ul style="list-style-type: none"> Stew broth With meat Yogurt 	<ul style="list-style-type: none"> Grilled potatoes Ham omelette with lettuce Fruit 	<ul style="list-style-type: none"> Mixed vegetables with ham Stewed chicken with potatoes Vanilla custard 	<ul style="list-style-type: none"> White beans with red sausage Cod in red sauce with peppers Fruit
29 08:00 P.M. - 10:20 P.M. UGAR	30 08:00 P.M. - 10:20 P.M. UGAR	31 08:00 P.M. - 10:20 P.M. UGAR		
<ul style="list-style-type: none"> Crema de verduras Flamenquines con tomate en rodajas Fruita 	<ul style="list-style-type: none"> Espirales a la carbonara Albóndigas en salsa de verduras Actimel 	<ul style="list-style-type: none"> Lentejas guisadas Albóndigas al horno con patata panadera Fruita 		
<ul style="list-style-type: none"> Vegetable cream Cheese stuffed meat roll with tomato slices Fruit 	<ul style="list-style-type: none"> Carbonara style pasta Meatballs in vegetables sauce Bio 	<ul style="list-style-type: none"> Stewed lentils Baked hake and potatoes Fruit 		

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05	06	07	08	09
FIESTA	FIESTA	FIESTA	FIESTA	FIESTA
NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL
12	13	14	15	16
FIESTA	FIESTA	FIESTA	FIESTA	FIESTA
NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL	NOT SCHOOL
19 08:00 P.M. - 10:20 P.M. UGAR	20 08:00 P.M. - 10:20 P.M. UGAR	21 08:00 P.M. - 10:20 P.M. UGAR	22 08:00 P.M. - 10:20 P.M. UGAR	23 08:00 P.M. - 10:20 P.M. UGAR
<ul style="list-style-type: none"> Crema de zanahorias Culetta a la riojana con pimientos Fruita 	<ul style="list-style-type: none"> Ajudias blancas con chorizo Tortilla francesa con lechuga de jamón y lechuga Actimel 	<ul style="list-style-type: none"> Sopa de estrójas Escalope de pollo con champiñones al ajo Fruita 	<ul style="list-style-type: none"> Lentejas a la castellana Albóndigas en salsa de verduras Yogur 	<ul style="list-style-type: none"> Patatas guisadas Varitas de merluza con tomate en rodajas Fruita
<ul style="list-style-type: none"> Carrot cream Risotto style chop with peppers Fruit 	<ul style="list-style-type: none"> White beans with leeks French omelette with ham and salad Bio 	<ul style="list-style-type: none"> Noodle soup Chicken breast with mushrooms Fruita 	<ul style="list-style-type: none"> Castellana style lentils Meatballs in vegetables sauce Yogurt 	<ul style="list-style-type: none"> Stewed potatoes Breaded hake and tomato slices Fruit
26 08:00 P.M. - 10:20 P.M. UGAR	27 08:00 P.M. - 10:20 P.M. UGAR	28 08:00 P.M. - 10:20 P.M. UGAR		
<ul style="list-style-type: none"> Arroz con pollo Lomo adobado empanado con pimientos Fruita 	<ul style="list-style-type: none"> Sopa de cocido Cocido completo Yogur 	<ul style="list-style-type: none"> Menestra de verduras con jamón Pollo asado con patatas panadera Fruita 		
<ul style="list-style-type: none"> Rice and chicken Breaded marinated tenderloin with red peppers Fruit 	<ul style="list-style-type: none"> Stew broth With meat Yogurt 	<ul style="list-style-type: none"> Mixed vegetables with ham Roast chicken lemon with chips Fruit 		

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<ul style="list-style-type: none"> Arroz con verduras Huevos cocidos con salsa de tomate y salchichas Fruita 	<ul style="list-style-type: none"> Judías verdes con patatas Pachuga de pollo en salsa roja con champiñones Yogur 	<ul style="list-style-type: none"> Chickpeas con chorizo Tortilla de chorizo con tomate en rodajas Fruita 	<ul style="list-style-type: none"> Macarrones con tomate y queso Ragout de lomo en salsa con verduras Yogur 	<ul style="list-style-type: none"> Lentejas con refrito Limanda a la andaluza con lechuga Fruita
<ul style="list-style-type: none"> Rice with vegetables Boiled eggs in tomato sauce and sausages Fruit 	<ul style="list-style-type: none"> Green beans with potatoes Chicken breast in vegetable sauce and mushrooms Yogurt 	<ul style="list-style-type: none"> Chickpeas with vegetables Stewed tenderloin with vegetable sauce Yogurt 	<ul style="list-style-type: none"> Macaroni with tomato and cheese Stewed tenderloin with vegetable sauce Yogurt 	<ul style="list-style-type: none"> Fried lentils Roman style dab with lettuce salad Fruit
19 08:00 P.M. - 10:20 P.M. UGAR	20 08:00 P.M. - 10:20 P.M. UGAR	21 08:00 P.M. - 10:20 P.M. UGAR	22 08:00 P.M. - 10:20 P.M. UGAR	23 08:00 P.M. - 10:20 P.M. UGAR
<ul style="list-style-type: none"> Puré de la huerta Albóndigas en salsa de verduras Fruita 	<ul style="list-style-type: none"> Ajudias pintas con chorizo Empanada y croquetas con tomate en rodajas Yogur 	<ul style="list-style-type: none"> Patatas a la marinera Merluza al horno con verduras Fruita 	<ul style="list-style-type: none"> Sopa de cocido Cocido completo Actimel 	<ul style="list-style-type: none"> Espirales gratinadas Tortilla de patata con ensalada Fruita
<ul style="list-style-type: none"> Vegetable cream Baked hake and vegetables sauce Fruit 	<ul style="list-style-type: none"> White beans with vegetables Tuna patties and croquettes with tomato slices Yogurt 	<ul style="list-style-type: none"> Seafood style potatoes Baked hake and vegetables Fruit 	<ul style="list-style-type: none"> Stew broth With meat Bio 	<ul style="list-style-type: none"> Grilled pasta Spanish omelette with salad Fruit
26 08:00 P.M. - 10:20 P.M. UGAR	27 08:00 P.M. - 10:20 P.M. UGAR	28 08:00 P.M. - 10:20 P.M. UGAR	29	30
<ul style="list-style-type: none"> Arroz tres delicias Lomo empanado con piperrada Fruita 	<ul style="list-style-type: none"> Porrada Hamburguesa con ketchup Yogur 		FIESTA	FIESTA
<ul style="list-style-type: none"> Fried rice and vegetables Breaded pork fillet and potatoes Fruit 	<ul style="list-style-type: none"> Leeks and potatoes Hamburger and ketchup Yogurt 		NOT SCHOOL	NOT SCHOOL

*Nota a los padres: Este menú ha sido revisado y aprobado por profesionales con formación en Nutrición Familiar y Dietética, la colaboración nutricional expresada aquí corresponde a las raciones servidas a niños de 4 a 6 años, en el caso de los otros grupos de edad se ajustará a sus necesidades, el menú incluye agua y pan.

*Explanatory note: This menu has been revised and approved by professionals trained in Human Nutrition and Dietetics, the nutritional collaboration expressed corresponds to the portions served by children aged 4 to 6 in the kindergarten, quantities are adapted depending on whether the children are younger or older, which translates itself as the adaptation of such age group, adapting to their needs. The menu includes water and bread.

*Nota a los padres: No se tienen en cuenta los festivos locales.
*Explanatory note: Bank holidays are not taken into account.