

Menu del mes / Menu of the month

Enero / January  
Colegio Montealbir / Montealbir College

Lunes Monday		Martes Tuesday		Miércoles Wednesday		Jueves Thursday 07-01-10		Viernes Friday 08-01-10	
Kcal	VACACIONES	Kcal	VACACIONES	Kcal	VACACIONES	Kcal 584	Lentejas a la castellana (70g)	Kcal 565	Sopa de picadillo (60g)
HC		HC		HC		HC 70	Huevos fritos (70g)	HC 80	Panga en salsa verde (155g)
Prot		Prot		Prot		Prot 40	con ravioli (60g) con tomate (50g)	Prot 39	con patatas al horno (55g)
Lip	HOLIDAYS	Lip	HOLIDAYS	Lip	HOLIDAYS	Lip 39	Natillas (125g)	Lip 38	Melocotón en almibar (135g)
							Castilian-style lentils		Mince soap
							Fried eggs		White fish in green sauce
							and ravioli with tomato		with baked potato
							Custard		Peach in syrup
	<b>11-01-10</b>		<b>12-01-10</b>		<b>13-01-10</b>		<b>14-01-10</b>		<b>15-01-10</b>
Kcal 573	Pasta a la milanese (60g)	Kcal 585	Arroz a la cubana (60g)	Kcal 557	Hervido de verduras naturales (155g)	Kcal 565	Sopa casera (60g)	Kcal 560	Alubias estofadas (70g)
HC 84	Varitas de merluza (155g)	HC 78	Salchichas (120g)	HC 60	Pollo en pepitoria (120g)	HC 80	Pescado(155g) con crema de queso(50g)	HC 68	Filete de lomo plancha (120g)
Prot 27	con ensalada (45g)	Prot 38	y huevo frito (70g)	Prot 36	con patatas fritas (55g)	Prot 39	con patatas dado (55g)	Prot 35	con ensalada (45g)
Lip 38	Fruta (135g) y leche (220ml)	Lip 31	Yogur (125g)	Lip 30	Fruta (135g) y leche (220 ml)	Lip 38	Yogur (125g)	Lip 33	Fruta(135g) y leche (220 ml)
	Milanesa-style pasta		Cubana-style rice		Boiled Vegetables		Homemade soup		Bean stew
	Hake sticks		Sausages		Chicken fricassée		Fish with cheese cream		Grilled pork loin
	with salad		and fried egg		with fries		with squared-shaped potatoes		with salad
	Fruit and milk		Yogurt		Fruit and milk		Yogurt		Fruit and milk
	<b>18-01-10</b>		<b>19-01-10</b>		<b>20-01-10</b>		<b>21-01-10</b>		<b>22-01-10</b>
Kcal 598	Paella mixta (60g)	Kcal 565	Sopa de pescado (60g)	Kcal 584	Lentejas posaderas (70g)	Kcal 565	Crema de verduras (155g)	Kcal 573	Pasta a la catalana (60g)
HC 78	Filete de perca plancha (155g)	HC 80	Escalope de cerdo (120g)	HC 70	Tortilla (70g) con jamon y queso (30g)	HC 60	Fritos variados (120g)	HC 84	Merluza horneada (155g)
Prot 38	con lechuga (45g)	Prot 39	con ensalada (45g)	Prot 40	con ensalada (45g)	Prot 36	con rodajas de tomate (45g)	Prot 27	con ensalada (45g)
Lip 31	Fruta (135g) y leche (220ml)	Lip 38	Yogur (125g)	Lip 39	Fruta(135g) y leche (220ml)	Lip 30	" Descubre nuestros bizcochos"	Lip 38	Gelatina (100g)
	Mixed paella		Fish soup		Lentils		Vegetables cream		Catalonian-style pasta
	Grilled perch fillet		Pork escalope		Ham and cheese omelette		Fried food		Baked hake
	with lettuce		with salad		with salad		with sliced tomato		with salad
	Fruit and milk		Yogurt		Fruit and milk		" Try our cakes"		Jelly
	<b>25-01-10</b>		<b>26-01-10</b>		<b>27-01-10</b>		<b>28-01-10</b>		<b>29-01-10</b>
Kcal 585	Arroz gratinado (60g)	Kcal 585	Potaje de garbanzos (70g)		Jornada internacional	Kcal 557	Crema de calabacin (155g)		FESTIVO
HC 78	Cinta de lomo asada (120g)	HC 84	Panga al limón (155g)		TEX MEX	HC 60	Tortilla(70g) de patata (55g)		Día de la Enseñanza
Prot 38	con ensalada (45g)	Prot 27	con patata al vapor (55g)			Prot 36	con ensalada (45g)		
Lip 31	Yogur (125g)	Lip 38	Fruta (135g) y leche (220ml)		International food	Lip 30	Yogur (125g)		HOLIDAY
	Rice au gratin		Chickpeas stew		TEX MEX		Courgette cream		Teaching Day
	Roast pork loin		White fish fillet in lemon				Spanish omelette		
	with salad		with steamed potato				with salad		
	Yogurt		Fruit and milk				Yogurt		