

Menu del mes / Menu of the month

Febrero / February
Colegio Montealbir / Montealbir College

Lunes 01-02-10	Martes 02-02-10	Miércoles 03-02-10	Jueves 04-02-10	Viernes 05-02-10
<p>Caldo casero (60g) Albondigas de la huerta (120g) con patatas (55g) Yogur (125g)</p> <p>Home made soup Garden´s meatball with fries Yogurt</p>	<p>Puré de legumbre con refrito (70g) San Jacobos caseros (120g) con ensalada(45g) Fruta(135g) y leche(220ml)</p> <p>Legume cream with fried bread Breadcrumbed fried ham and cheese with salad Fruit and milk</p>	<p>Sopa de pasta(70g) Ragut de ternera estofada (120g) con patatas fritas (55g) Natillas (125g)</p> <p>Pasta soup Beef stew and fries Custard</p>	<p>Lentejas a la castellana (70g) Tortilla de patata (125g) con ensalada (45g) Fruta en almibar (135g)</p> <p>Castilian-style lentils Spanish omelette with salad Fruit in syrup</p>	<p>Crema de pavo (80g) Panga al horno (155g) con patatas (55g) Fruta (135g) y leche (220ml)</p> <p>Turkey purée Baked White fish fillet with fries Fruit and milk</p>
08-02-10	09-02-10	10-02-10	11-02-10	12-02-10
<p>Macarrones con leche (60g) Pescadito en adobo (155g) con ensalada (45g) Yogur (125g)</p> <p>Macaroni with milk Marinade fish and salad Yogurt</p>	<p>Arroz(60g) con tomate(50g) Salchichas(50g)/ Huevo(70g) con puré de patata (50g) Gelatina (100g)</p> <p>Rice with tomato Sausages/Fried egg with mashed potato Jelly</p>	<p>Pastel de verduras (155g) Pescado encebollado (155g) con patatas fritas (55g) Fruta (135g) y leche (220ml)</p> <p>Vegetable cake Fish with onion and fries Fruit and milk</p>	<p>Sopa castellana (60g) Pollo asado (120g) con patatas fritas (55g) Yogur (125g)</p> <p>Castilian-style soup Roast chicken with fries Yogurt</p>	<p>Alubias estofadas (70g) Varitas de merluza (155g) con ensalada (45g) Fruta (135g) y leche (220ml)</p> <p>Beans stew Hake sticks and salad Fruit and milk</p>
15-02-10	16-02-10	17-02-10	18-02-10	19-02-10
<p>VACACIONES HOLIDAYS</p>	<p>VACACIONES HOLIDAYS</p>	<p>VACACIONES HOLIDAYS</p>	<p>Pasta (60g) con nata y aceitunas negras(30g) Lomo a la plancha (120g) con patatas fritas (55g) Fruta en almibar (135g)</p> <p>Pasta with cream and black olives Grilled pork loin and fries Fruit in syrup</p>	<p>Crema de la huerta (155g) Abadejo al horno (155g) con ensalada (45g) Yogur (125g)</p> <p>Garden´s purée Hake sticks and salad Yogurt</p>
22-02-10	23-02-10	24-02-10	25/02/2010	26-02-10
<p>Paella mixta (60g) Filete de perca rebozado (155g) con patatas fritas (45g) Fruta(135g) y leche (220ml)</p> <p>Mixed paella Grilled perch fillet and fries Fruit and milk</p>	<p>Crema de zanahoria (155g) Pollo guisado (120g) con patatas fritas (45g) Yogur (125g)</p> <p>Carrot purée Chicken stew and fries Yogurt</p>	<p>JORNADA AMERICANA Crema de calabaza (155g) Perrito caliente (70g) con patatas chips (55g) Pastel de manzana (60g) Pumpkin purée Hot dog with potato chip Apple pie</p>	<p>Sopa de pasta (60g) Escalope a la milanese (120g) con rodajas de calabacin (77g) Yogur (125g)</p> <p>Pasta soup Milanese-style escalope with sliced courgette Yogurt</p>	<p>Lentejas estofadas (70g) Tortilla (70g) con tomate (30g) con patatas chips (45g) Fruta (135g) y leche (220ml)</p> <p>Lentils stew Omelette with tomato and potato chip Fruit and milk</p>