

Menu del mes / Menu of the month

March / Marzo

Colegio Montevalbir / Montevalbir College

Lunes Monday 01-03-2010	Martes Tuesday 02-03-10	Miércoles Wednesday 03-03-10	Jueves Thursday 04-03-10	Viernes Friday 05-03-10
<p>Crema de zanahorias (80g) Lenguado al horno (155g) con patatas (55g) Pera (135g) y leche (220ml)</p> <p>Carrot cream Baked sole with potatoes Pear and milk</p>	<p>Sopa de cocido (60g) Cocido completo (100g)</p> <p>Lácteo (125g)</p> <p>Stew soup Stew full Dairy dessert</p>	<p>Espirales al graten (60g) Escalope milanesa (120g) Manzana (135g) y leche (220ml)</p> <p>Pasta au gratin Breaded escalope Apple and milk</p>	<p>Arroz cinco delicias (60g) Pollo al chilindrón (120g) con ensalada (45g) Plátano (135g) y leche (220ml)</p> <p>Rice with five delicious Chilindron style chicken with salad Banana and milk</p>	<p>Judias verdes salteadas (155g) Pescado empanado (155g) con rodaja de tomate (45g) Lácteo (125g)</p> <p>Sauteed Green beans Breaded fish with tomato silce Dairy dessert</p>
<p>08-03-10</p> <p>Crema de verduras (155g) Ragut de ternera (120g) con patatas (55g) Lácteo (125g)</p> <p>Vegetables cream Beef stew and fries Dairy dessert</p>	<p>09-03-10</p> <p>Lentejas con arroz y verduras (70g) Tortilla francesa (70g) con tomate frito (50g) Mandarina(135g) y leche (220ml)</p> <p>Lentils with rice and vegetables Plain omelette with tomato sauce Mandarin and milk</p>	<p>10-03-10</p> <p>Pasta a la boloñesa (60g) Jamón asado (120g) con ensalada de lechuga y zanahoria (45g) Pera(135g) y leche (220ml)</p> <p>Pasta with bolognese sauce Roast ham with salad Pear and milk</p>	<p>11/03/2010</p> <p>Judias pintas estofadas (70g) Filete ruso a la plancha (120g) con rodaja de tomate (45g) Natillas (125g)</p> <p>Beans stew Russian beefsteak with tomato slice Custard</p>	<p>12-03-10</p> <p>Sopa de fideos (60g) Bonito con tomate (155g) con patatas fritas (55g) Lácteo (125g)</p> <p>Noodles soup Bonito with tomato sauce and fries Dairy dessert</p>
<p>15-03-10</p> <p>Espinacas con bechamel (155g) Filete de pollo a la plancha (120g) con patatas (55g) Plátano(135g) y leche (220ml)</p> <p>Spinach with bechamel sauce Grilled Chicken with potatoes Banana and milk</p>	<p>16-03-10</p> <p>Arroz con champiñón y calabacin(60g) Escalopines de cerdo encebollados (120g) con patatas chips (55g) Yogur (125g)</p> <p>Rice with mushrooms and courgette Scallopini with onion sauce with potato chip Yogurt</p>	<p>17-03-10</p> <p>Macarrones con salsa de atún (60g) Pescado al horno (155g) con ensalada (45g) Manzana(135g) y leche (220ml)</p> <p>Macaroni wiht tuna sauce Baked fish with salad Apple and milk</p>	<p>18-03-10</p> <p>Crema de verduras (155g) Albondigas en salsa (120g) con patatas (55g) Tortita (50g)</p> <p>Vegetables cream Meat balls with sauce and fries Pancake</p>	<p>19-03-10</p> <p>FESTIVO HOLIDAY</p>
<p>22-03-10</p> <p>Arroz a la cubana (60g) Salchichas (120g) con patatas (55g) Yogur (125g)</p> <p>Cubana style rice Sausages and fries Yogurt</p>	<p>23-03-10</p> <p>Lentejas con chorizo (70g) Panga rebozada (155g) con ensalada (45g) Mandarina(135g) y leche (220ml)</p> <p>Lentils with chorizo Battered white fish fillet with salad Mandarin and milk</p>	<p>24-03-10</p> <p>Jornada internacional ITALIANA Crostoni (60g) Canelones de carne (60g) Tiramisú (100g)</p> <p>Crostoni Canneloni Tiramisu</p>	<p>25-03-10</p> <p>Crema de calabacin (155g) Tortilla de patata (125g) con ensalada (45g) Yogur (125g)</p> <p>Courgette cream Spanish omelette with salad Yogurt</p>	<p>26-03-10</p> <p>Paella mixta (60g) Varitas de merliza (155g) Patatas chips (55g) Pera (135g) y leche (220ml)</p> <p>Mixed paella Hake sticks and potato chip Pear and milk</p>