

MENÚ ELABORADO POR EL DEPARTAMENTO DE NUTRICIÓN DE aramark

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|--|---|--|--|---|
| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 646 HC: 76 Prot: 29 Lip: 24 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Paella mixta Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Mixed paella Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 733 HC: 91 Prot: 27 Lip: 29 |
| 18 Lentejas estofadas con verduras Croquetas de jamón con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Ham croquettes with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Breaded smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 691 HC: 75 Prot: 32 Lip: 31 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 655 HC: 91 Prot: 33 Lip: 19 | |

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| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga Fruta y pan Pork & potato stew Baked hake with lettuce Fruit and bread | Kcl: 642 HC: 75 Prot: 29 Lip: 24 |
| 11 Espirales salteados Rabas de calamar con ensalada de lechuga y maíz Yogur y pan Sautéed spirals Squid strips with lettuce & sweetcorn Yoghurt and bread | 12 Paella mixta Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Mixed paella Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes salteadas Tortilla de patatas con ensalada Fruta y pan Sautéed green beans Spanish potato omelette with salad Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 714 HC: 87 Prot: 26 Lip: 28 |
| 18 Lentejas estofadas con verduras Croquetas de jamón con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Ham croquettes with lettuce & olives Yoghurt and bread | 19 Arroz blanco Filete de merluza al horno con guisantes salteados Fruta y pan White rice Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones salteados Caella empanada con ensalada verde (lechuga, pimienta verde y aceituna) Fruta y pan Sautéed macaroni Breaded smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 659 HC: 75 Prot: 31 Lip: 28 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga Fruta y pan Chinese fried rice Baked hake with lettuce Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 650 HC: 91 Prot: 33 Lip: 19 | |

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| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de fideos Ragout de pavo con patatas fritas Yogur y pan Noodle soup Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de verduras Fruta y pan Nachos with cheese Vegetables Fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 651 HC: 74 Prot: 29 Lip: 25 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Paella mixta Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Mixed paella Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Pavo a la plancha con patatas fritas Fruta y pan Zucchini cream with croutons Grilled turkey with french fries Fruit and bread | Kcl: 702 HC: 90 Prot: 27 Lip: 26 |
| 18 Lentejas estofadas con verduras Croquetas de jamón con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Ham croquettes with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pavo a la plancha con patatas fritas Fruta y pan Cauliflower with white sauce Grilled turkey with french fries Fruit and bread | 22 Macarrones gratinados Caella empanada con ensalada verde (lechuga, pimienta verde y aceituna) Fruta y pan Macaroni au gratin Breaded smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 665 HC: 75 Prot: 32 Lip: 28 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 655 HC: 91 Prot: 33 Lip: 19 | |

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| | | | | 1 Lentejas estofadas con verduras Hamburguesa de ternera con patatas fritas Fruta y pan Stewed lentils Beef hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas de ternera con arroz salteado Fruta y pan Cream of legumes Beef meatballs with sautéed rice Fruit and bread | 8 Patatas estofadas con verduras Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Stewed potatoes with vegetables Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 618 HC: 76 Prot: 31 Lip: 23 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Pavo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled turkey with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 677 HC: 88 Prot: 26 Lip: 26 |
| 18 Lentejas estofadas con verduras Pavo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled turkey with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Filete de ternera con ensalada de lechuga y queso Fruta y pan integral Soup with pasta Beef steak with lettuce & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Breaded smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 666 HC: 73 Prot: 34 Lip: 28 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread | 27 Arroz con salsa de tomate Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Rice with tomato sauce Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Pechuga de pollo a la plancha con patatas al vapor Fruta y pan Cous Cous Chicken breast with steamed potatoes Fruit and bread | Kcl: 658 HC: 88 Prot: 32 Lip: 21 | |

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| PESCADO Y PLV | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur de soja y pan Chicken soup with noodles Turkey stew with french fries Soy yoghurt and bread | 5 Arroz con salsa de tomate Pechuga de pollo a la plancha con ensalada Fruta y pan Rice with tomato sauce Chicken breast with salad Fruit and bread | 6 Espaguetis con salsa de tomate Lomo a la plancha con ensalada de lechuga y remolacha Fruta y pan integral Spaghetti with tomato sauce Grilled tenderloin with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Bistec a la plancha con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Grilled beef steak with lettuce & tomatoes Fruit and bread | Kcl: 713 HC: 79 Prot: 29 Lip: 30 |
| 11 Espirales con tomate Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan Spirals with tomato sauce Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn) Soy yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 688 HC: 87 Prot: 29 Lip: 26 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur de soja y pan Stewed lentils Grilled tenderloin with lettuce & olives Soy yoghurt and bread | 19 Arroz con salsa de tomate Pavo a la plancha con guisantes salteados Fruta y pan Rice with tomato sauce Grilled turkey with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada Fruta y pan integral Soup with pasta Kassler with salad Fruit and whole meal bread | 21 Coliflor salteada Pollo asado con patatas fritas Fruta y pan Sautéed cauliflower Grilled chicken with french fries Fruit and bread | 22 Macarrones con salsa de tomate Filete de ternera con ensalada verde (lechuga, pimienta verde y aceituna) Fruta y pan Macaroni with tomato sauce Beef steak with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 679 HC: 75 Prot: 34 Lip: 29 |
| 25 Crema de zanahoria Pechuga de pollo a la plancha con ensalada Yogur de soja y pan Carrot cream Chicken breast with salad Soy yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Filete de ternera con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Beef steak with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 669 HC: 92 Prot: 31 Lip: 21 | |

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| PESCADO Y MARISCO | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Lomo a la plancha con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Grilled tenderloin with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Bistec a la plancha con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Grilled beef steak with lettuce & tomatoes Fruit and bread | Kcl: 665 HC: 74 Prot: 29 Lip: 27 |
| 11 Espirales gratinados Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 688 HC: 84 Prot: 29 Lip: 27 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Pavo a la plancha con guisantes salteados Fruta y pan Rice with tomato sauce Grilled turkey with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Filete de ternera con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Beef steak with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 689 HC: 72 Prot: 35 Lip: 31 |
| 25 Crema de zanahoria Pechuga de pollo a la plancha con ensalada Yogur y pan Carrot cream Chicken breast with salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Filete de ternera con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Beef steak with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 660 HC: 88 Prot: 31 Lip: 22 | |

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| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Lomo a la plancha con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Grilled tenderloin with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Bistec a la plancha con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Grilled beef steak with lettuce & tomatoes Fruit and bread | Kcl: 665 HC: 74 Prot: 29 Lip: 27 |
| 11 Espirales gratinados Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 688 HC: 84 Prot: 29 Lip: 27 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Pavo a la plancha con guisantes salteados Fruta y pan Rice with tomato sauce Grilled turkey with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Filete de ternera con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Beef steak with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 689 HC: 72 Prot: 35 Lip: 31 |
| 25 Crema de zanahoria Pechuga de pollo a la plancha con ensalada Yogur y pan Carrot cream Chicken breast with salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Filete de ternera con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Beef steak with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 660 HC: 88 Prot: 31 Lip: 22 | |

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| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|---|---|---|--|---|
| | | | | 1 Puré de verduras Hamburguesa casera con patatas fritas Fruta y pan Vegetables purée Homemade hamburger with french fries Fruit and bread | Kcl: 635 HC: 71 Prot: 24 Lip: 30 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de verduras Albóndigas con arroz salteado Fruta y pan Vegetables cream Meatballs with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 638 HC: 75 Prot: 28 Lip: 24 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de pasta Pavo a la plancha con ensalada Fruta y pan Pasta soup Grilled turkey with salad Fruit and bread | 14 Puré de verduras Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Vegetables purée Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 665 HC: 81 Prot: 25 Lip: 28 |
| 18 Patatas estofadas con verduras Croquetas de jamón con ensalada de lechuga y aceitunas negras Yogur y pan Stewed potatoes with vegetables Ham croquettes with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con ensalada Fruta y pan Rice with tomato sauce Baked hake with salad Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan integral Soup with pasta Kassler with lettuce, ham & cheese Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella empanada con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Breaded smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 659 HC: 69 Prot: 29 Lip: 31 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de pasta Pavo a la plancha con ensalada Fruta y pan Pasta soup Grilled turkey with salad Fruit and bread | 27 Arroz con salsa de tomate Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Rice with tomato sauce Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lomo a la plancha con patatas al vapor Fruta y pan Cous Cous Grilled tenderloin with steamed potatoes Fruit and bread | Kcl: 630 HC: 80 Prot: 32 Lip: 22 | |

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|---|---|--|--|---|---|
| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur de soja y pan Chicken soup with noodles Turkey stew with french fries Soy yoghurt and bread | 5 Arroz con salsa de tomate Pechuga de pollo a la plancha con ensalada Fruta y pan Rice with tomato sauce Chicken breast with salad Fruit and bread | 6 Espaguetis con salsa de tomate Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Spaghetti with tomato sauce Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 695 HC: 80 Prot: 29 Lip: 27 |
| 11 Espirales con tomate Filete de merluza con ensalada primavera (lechuga, tomate y maíz) Yogur de soja y pan Spirals with tomato sauce Hake steak with spring salad (lettuce, tomatoes & sweetcorn) Soy yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 703 HC: 87 Prot: 29 Lip: 28 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur de soja y pan Stewed lentils Grilled tenderloin with lettuce & olives Soy yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada Fruta y pan integral Soup with pasta Kassler with salad Fruit and whole meal bread | 21 Coliflor salteada Pollo asado con patatas fritas Fruta y pan Sautéed cauliflower Grilled chicken with french fries Fruit and bread | 22 Macarrones con salsa de tomate Caella a la plancha con ensalada verde (lechuga, pimienta verde y aceituna) Fruta y pan Macaroni with tomato sauce Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 676 HC: 75 Prot: 31 Lip: 30 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada Yogur de soja y pan Carrot cream Andalusian style sole with salad Soy yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 628 HC: 92 Prot: 30 Lip: 17 | |

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COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|---|--|---|---|---|
| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con pasta (sin huevo) Ragout de pavo con patatas fritas Yogur y pan Chicken soup with pasta (no egg) Turkey stew with french fries Yoghurt and bread | 5 Arroz con salsa de tomate Fajitas de pollo Fruta y pan Rice with tomato sauce Chicken fajitas Fruit and bread | 6 Pasta (sin huevo) con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan integral Pasta (without egg) with cheese sauce Andalusian style Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 670 HC: 80 Prot: 29 Lip: 24 |
| 11 Pasta (sin huevo) gratinada Filete de merluza con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Pasta (without egg) au gratin Hake steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread | 13 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Pavo a la plancha con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Grilled turkey with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 662 HC: 75 Prot: 31 Lip: 27 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa de pasta (sin huevo) Chuleta de Sajonia con ensalada Fruta y pan integral Pasta soup (without eggs) Kassler with salad Fruit and whole meal bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Pasta (sin huevo) gratinada Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Pasta (without egg) au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 674 HC: 69 Prot: 30 Lip: 32 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread | 27 Arroz con salsa de tomate Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Rice with tomato sauce Baked hake with lettuce & tomatoes Fruit and bread | 28 Pasta (sin huevo) Lacón a la gallega con patatas al vapor Fruta y pan Pasta (without egg) Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 636 HC: 85 Prot: 31 Lip: 21 | |

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|---|--|---|--|--|---|
| FS Y MARISCO | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 650 HC: 77 Prot: 29 Lip: 24 |
| 11 Espirales gratinados Filete de merluza con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Hake steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de lechuga y aceitunas Fruta y pan Rice with tomato sauce Grilled tenderloin with green salad with olives Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 701 HC: 84 Prot: 29 Lip: 29 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan Soup with pasta Kassler with lettuce, ham & cheese Fruit and bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella a la plancha con ensalada verde (lechuga, pimienta verde y aceituna) Fruta y pan Macaroni au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 690 HC: 73 Prot: 32 Lip: 32 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 655 HC: 91 Prot: 33 Lip: 19 | |

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|---|--|---|--|--|---|
| FS Y LACTEO | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Postre especial y pan Chicken soup with noodles Turkey stew with french fries Special desserts and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 664 HC: 80 Prot: 29 Lip: 24 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Postre especial y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Special desserts and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de lechuga y aceitunas Fruta y pan Rice with tomato sauce Grilled tenderloin with green salad with olives Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 730 HC: 92 Prot: 26 Lip: 30 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Postre especial y pan Stewed lentils Grilled tenderloin with lettuce & olives Special desserts and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan Soup with pasta Kassler with lettuce, ham & cheese Fruit and bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 704 HC: 76 Prot: 32 Lip: 32 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Postre especial y pan Carrot cream Andalusian style sole with Caesar salad Special desserts and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 673 HC: 95 Prot: 33 Lip: 20 | |

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COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|--|---|--|--|---|
| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan Stewed lentils Grilled hamburger with french fries Fruit and bread | Kcl: 761 HC: 88 Prot: 27 Lip: 22 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 650 HC: 77 Prot: 29 Lip: 24 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de lechuga y aceitunas Fruta y pan Rice with tomato sauce Grilled tenderloin with green salad with olives Fruit and bread | 13 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 716 HC: 88 Prot: 26 Lip: 30 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan Rice with tomato sauce Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan Soup with pasta Kassler with lettuce, ham & cheese Fruit and bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 690 HC: 73 Prot: 32 Lip: 32 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | Kcl: 655 HC: 91 Prot: 33 Lip: 19 | |

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|---|---|--|---|---|
| FS, TOMATE CRUDO Y FRUTAS | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Postre especial y pan Stewed lentils Grilled hamburger with french fries Special desserts and bread | Kcl: 829 HC: 90 Prot: 31 Lip: 27 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Postre especial y pan Nachos with cheese Chicken fajitas Special desserts and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Yogur y pan Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Yoghurt and bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Postre especial y pan Cream of legumes Meatballs with vegetables with sautéed rice Special desserts and bread | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga Yogur y pan Pork & potato stew Baked hake with lettuce Yoghurt and bread | Kcl: 671 HC: 71 Prot: 32 Lip: 27 |
| 11 Espirales gratinados Rabas de calamar con ensalada de lechuga y maíz Yogur y pan Spirals au gratin Squid strips with lettuce & sweetcorn Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de lechuga y aceitunas Postre especial y pan Rice with tomato sauce Grilled tenderloin with green salad with olives Special desserts and bread | 13 Sopa de cocido Cocido completo Postre especial y pan "Cocido" soup Full course "cocido" stew Special desserts and bread | 14 Judías verdes con tomate Tortilla de patatas con ensalada Yogur y pan Green beans with tomatoes Spanish potato omelette with salad Yoghurt and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Postre especial y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Special desserts and bread | Kcl: 765 HC: 87 Prot: 29 Lip: 35 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Yogur y pan Rice with tomato sauce Baked hake with sautéed peas Yoghurt and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Postre especial y pan Soup with pasta Kassler with lettuce, ham & cheese Special desserts and bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Yogur y pan Cauliflower with white sauce Grilled chicken with french fries Yoghurt and bread | 22 Macarrones gratinados Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Postre especial y pan Macaroni au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Special desserts and bread | Kcl: 716 HC: 68 Prot: 35 Lip: 36 |
| 25 Crema de zanahoria Filete de lenguadina a la andaluza con ensalada César Yogur y pan Carrot cream Andalusian style sole with Caesar salad Yoghurt and bread | 26 Sopa de cocido Cocido completo Postre especial y pan "Cocido" soup Full course "cocido" stew Special desserts and bread | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga Yogur y pan Chinese fried rice Baked hake with lettuce Yoghurt and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Postre especial y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Special desserts and bread | Kcl: 683 HC: 88 Prot: 36 Lip: 23 | |

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COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|---|---|--|--|---|---|
| FS, LEGUMBRE, FRUTA PELO, PESCADO BLANCO Y CALDO DE PESCADO | | | | 1 Puré de verduras Hamburguesa casera con patatas fritas Fruta y pan Vegetables purée Homemade hamburger with french fries Fruit and bread | Kcl: 635 HC: 71 Prot: 24 Lip: 30 |
| 4 Sopa de ave con fideos Ragout de pavo con patatas fritas Yogur y pan Chicken soup with noodles Turkey stew with french fries Yoghurt and bread | 5 Nachos con queso cheddar Fajitas de pollo Fruta y pan Nachos with cheese Chicken fajitas Fruit and bread | 6 Espaguetis con salsa de queso Palometa a la andaluza con ensalada de lechuga y remolacha Fruta y pan Spaguetti with cheese Andalusian style Pomfret with lettuce and beets Fruit and bread | 7 Crema de verduras Albóndigas con arroz salteado Fruta y pan Vegetables cream Meatballs with sautéed rice Fruit and bread | 8 Patatas estofadas con magro Bistec a la plancha con ensalada de lechuga y tomate Fruta y pan Pork & potato stew Grilled beef steak with lettuce & tomatoes Fruit and bread | Kcl: 650 HC: 76 Prot: 28 Lip: 25 |
| 11 Espirales gratinados Rabas de calamar con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Spirals au gratin Squid strips with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de lechuga y aceitunas Fruta y pan Rice with tomato sauce Grilled tenderloin with green salad with olives Fruit and bread | 13 Sopa de pasta Pavo a la plancha con ensalada Fruta y pan Pasta soup Grilled turkey with salad Fruit and bread | 14 Puré de verduras Tortilla de patatas con ensalada de tomate con orégano Fruta y pan Vegetables purée Spanish potato omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín con picatostes Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan Zucchini cream with croutons Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread | Kcl: 664 HC: 81 Prot: 25 Lip: 28 |
| 18 Patatas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan Stewed potatoes with vegetables Grilled tenderloin with lettuce & olives Yoghurt and bread | 19 Arroz con salsa de tomate Pavo a la plancha con ensalada Fruta y pan Rice with tomato sauce Grilled turkey with salad Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan Soup with pasta Kassler with lettuce, ham & cheese Fruit and bread | 21 Gratén de coliflor con bechamel Pollo asado con patatas fritas Fruta y pan Cauliflower with white sauce Grilled chicken with french fries Fruit and bread | 22 Macarrones gratinados Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni au gratin Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 665 HC: 67 Prot: 33 Lip: 32 |
| 25 Crema de zanahoria Pechuga de pollo a la plancha con ensalada César Yogur y pan Carrot cream Chicken breast with Caesar salad Yoghurt and bread | 26 Sopa de pasta Pavo a la plancha con ensalada Fruta y pan Pasta soup Grilled turkey with salad Fruit and bread | 27 Arroz con salsa de tomate Filete de ternera con ensalada de lechuga y tomate Fruta y pan Rice with tomato sauce Beef steak with lettuce & tomatoes Fruit and bread | 28 Cous cous Lomo a la plancha con patatas al vapor Fruta y pan Cous Cous Grilled tenderloin with steamed potatoes Fruit and bread | | Kcl: 670 HC: 79 Prot: 33 Lip: 26 |

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|--|--|--|---|--|---|
| | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con patatas fritas Fruta y pan (sin gluten) Stewed lentils Grilled hamburger with french fries Fruit and bread (gluten free) | Kcl: 807 HC: 91 Prot: 26 Lip: 25 |
| 4 Sopa de ave con fideos (sin gluten) Ragout de pavo con patatas fritas Yogur y pan (sin gluten) Chicken soup with noodles (gluten free) Turkey stew with french fries Yoghurt and bread (gluten free) | 5 Nachos con queso cheddar Pechuga de pollo a la plancha con ensalada Fruta y pan (sin gluten) Nachos with cheese Chicken breast with salad Fruit and bread (gluten free) | 6 Pasta (sin gluten) con tomate Palometa a la plancha con ensalada de lechuga y remolacha Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Pomfret with lettuce and beets Fruit and bread (gluten free) | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan (sin gluten) Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread (gluten free) | 8 Patatas estofadas con magro Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Pork & potato stew Baked hake with lettuce & tomatoes Fruit and bread (gluten free) | Kcl: 688 HC: 68 Prot: 27 Lip: 32 |
| 11 Pasta (sin gluten) gratinada Filete de merluza con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Pasta au gratin (gluten free) Hake steak with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free) | 12 Arroz con salsa de tomate Lomo a la plancha con ensalada de frutos (lechuga, aceitunas y pipas) Fruta y pan (sin gluten) Rice with tomato sauce Grilled tenderloin with fruit salad (lettuce, olives, sunflower seeds) Fruit and bread (gluten free) | 13 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free) | 14 Judías verdes con tomate Tortilla de patatas con ensalada de tomate con orégano Fruta y pan (sin gluten) Green beans with tomatoes Spanish potato omelette with tomatoes with oregano Fruit and bread (gluten free) | 15 Crema de calabacín Jamoncitos de pollo al chilindrón con patatas fritas Fruta y pan (sin gluten) Zucchini cream Chicken drumsticks in "chilindron" gravy with french fries Fruit and bread (gluten free) | Kcl: 713 HC: 82 Prot: 27 Lip: 31 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur y pan (sin gluten) Stewed lentils Grilled tenderloin with lettuce & olives Yoghurt and bread (gluten free) | 19 Arroz con salsa de tomate Filete de merluza al horno con guisantes salteados Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with sautéed peas Fruit and bread (gluten free) | 20 Sopa de pasta (sin gluten) Chuleta de Sajonia con ensalada de lechuga, jamón y queso Fruta y pan (sin gluten) Pasta soup (gluten free) Kassler with lettuce, ham & cheese Fruit and bread (gluten free) | 21 Coliflor salteada Pollo asado con patatas fritas Fruta y pan (sin gluten) Sautéed cauliflower Grilled chicken with french fries Fruit and bread (gluten free) | 22 Pasta (sin gluten) con tomate Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread (gluten free) | Kcl: 715 HC: 73 Prot: 31 Lip: 35 |
| 25 Crema de zanahoria Filete de lenguadina a la plancha con ensalada Yogur y pan (sin gluten) Carrot cream Grilled yellowfin sole with salad Yoghurt and bread (gluten free) | 26 Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free) | 27 Arroz tres delicias Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan (sin gluten) Chinese fried rice Baked hake with lettuce & tomatoes Fruit and bread (gluten free) | 28 Pasta (sin gluten) Lacón a la gallega con patatas al vapor Fruta y pan (sin gluten) Pasta (gluten free) Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread (gluten free) | Kcl: 643 HC: 86 Prot: 30 Lip: 20 | |

MES: Febrero 2019

COLEGIO: INTERNACIONAL ARAVACA

| Lunes | Martes | Miércoles | Jueves | Viernes | I. Nutricional |
|---|--|---|---|--|---|
| BAJO EN GRASAS | | | | 1 Lentejas estofadas con verduras Hamburguesa a la plancha con ensalada Fruta y pan Stewed lentils Grilled hamburger with salad Fruit and bread | Kcl: 678 HC: 79 Prot: 26 Lip: 17 |
| 4 Sopa de ave con fideos Ragout de pavo con ensalada Yogur de soja y pan Chicken soup with noodles Turkey stew with salad Soy yoghurt and bread | 5 Arroz blanco Pechuga de pollo a la plancha con ensalada Fruta y pan White rice Chicken breast with salad Fruit and bread | 6 Espaguetis salteados Palometa a la plancha con ensalada de lechuga y remolacha Fruta y pan integral Sautéed spaguetti Pomfret with lettuce and beets Fruit and whole meal bread | 7 Crema de legumbres Albóndigas a la jardinera con arroz salteado Fruta y pan Cream of legumes Meatballs with vegetables with sautéed rice Fruit and bread | 8 Patatas estofadas con verduras Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Stewed potatoes with vegetables Baked hake with lettuce & tomatoes Fruit and bread | Kcl: 637 HC: 76 Prot: 28 Lip: 23 |
| 11 Espirales salteados Filete de merluza con ensalada primavera (lechuga, tomate y maíz) Yogur desnatado y pan Sautéed spirals Hake steak with spring salad (lettuce, tomatoes & sweetcorn) Low-fat yoghurt and bread | 12 Arroz blanco Lomo a la plancha con ensalada de lechuga y aceitunas Fruta y pan White rice Grilled tenderloin with green salad with olives Fruit and bread | 13 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread | 14 Judías verdes salteadas Tortilla francesa con ensalada de tomate con orégano Fruta y pan Sautéed green beans Omelette with tomatoes with oregano Fruit and bread | 15 Crema de calabacín Jamoncitos de pollo al chilindrón con ensalada Fruta y pan Zucchini cream Chicken drumsticks in "chilindron" gravy with salad Fruit and bread | Kcl: 610 HC: 73 Prot: 28 Lip: 21 |
| 18 Lentejas estofadas con verduras Lomo a la plancha con ensalada de lechuga y aceitunas negras Yogur desnatado y pan Stewed lentils Grilled tenderloin with lettuce & olives Low-fat yoghurt and bread | 19 Arroz blanco Filete de merluza al horno con guisantes salteados Fruta y pan White rice Baked hake with sautéed peas Fruit and bread | 20 Sopa maravilla Chuleta de Sajonia con ensalada Fruta y pan integral Soup with pasta Kassler with salad Fruit and whole meal bread | 21 Coliflor salteada Pollo asado con ensalada Fruta y pan Sautéed cauliflower Grilled chicken with salad Fruit and bread | 22 Macarrones salteados Caella a la plancha con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Sautéed macaroni Grilled smooth dogfish with green salad (lettuce, green peppers & olives) Fruit and bread | Kcl: 616 HC: 70 Prot: 31 Lip: 25 |
| 25 Crema de zanahoria Filete de lenguadina a la plancha con ensalada Yogur desnatado y pan Carrot cream Grilled yellowfin sole with salad Low-fat yoghurt and bread | 26 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread | 27 Arroz salteado Ventresca de merluza al horno con ensalada de lechuga y tomate Fruta y pan Sautéed rice Baked hake with lettuce & tomatoes Fruit and bread | 28 Cous cous Lacón a la gallega con patatas al vapor Fruta y pan Cous Cous Lacón pork shoulder with potatoes with steamed potatoes Fruit and bread | | Kcl: 559 HC: 86 Prot: 28 Lip: 13 |