

LUNES
MONDAY



LUNES 7 th
MONDAY

Fideúa
(Paella de Pasta)
Noodles Paella (Fideua)
(Paella Spaghetti) (Pasta)
Caprichos de Merluza
(Fritas con Guarnición de
Ensalada con Maíz
Assortment of Hake Pieces
(Fried with Accompaniment of
Sweet Corn Salad)

Fruta Fruit

LUNES 14 th
MONDAY

Coditos Cocidos
(con Tomate y Champiñón)
Coditos (Pasta)
(with Tomato and Mushrooms)
Tortilla de Queso
(con Guarnición de
Ensalada con Soja
Cheese Omelette
(with Accompaniment of
Soy Salad)

Fruta Fruit

LUNES 21 st
MONDAY

Lentejas Estofadas
(de Verdura y Carne)
Stewed Lentils
(with Vegetables and Meat)
Albóndigas de Ternera
(Guisadas con Verduras)
Patatas Fritas
Meat Balls
(Cooked with Vegetables)
Chips

Fruta Fruit

LUNES 28 th
MONDAY

Paella Mixta
(de Verdura y Carne)
Mixed Paella
(with Vegetables and Meat)
Salchichas
(con Guarnición de
Puré de Patata)
Sausages
(with Accompaniment of
Mashed Potatoes)

Fruta Fruit

MARTES 1 st
TUESDAY

Judías Blancas
(Guisadas con Verduras)
White Beans
(Cooked with Vegetables)
Cazón a la Vizcaína
(con Tomate y Noras)
Ensalada con Remolacha
Biscayan Style Dogfish
(with Tomato and Nora)
Beet Salad

Fruta Fruit

MARTES 8 th
TUESDAY

Menestra de Verduras
(con Verduras Variadas)
Stewed Mixed Vegetables
(with Mixed Vegetables)
Ragout de Ternera
(Guisado con Verduras)
Patatas Fritas
Roast Beef
(Cooked with Vegetables)
Chips

Fruta Fruit

MARTES 15 th
TUESDAY

Judías Verdes
(con Salsa de Tomate)
Green Beans
(with Tomato Sauce)
Atún a la Riojana
(Guisado con Verduras)
Ensalada con Zanahor.
Tuna Rioja Style
(Cooked with Vegetables)
Carrot Salad

Fruta Fruit

MARTES 22 nd
TUESDAY

Lazos Cocidos
(con Tomate y Champiñón)
Farfalle (Pasta)
(with Tomato and Mushrooms)
Pescadilla a la Andaluza
(con Guarnición de
Ensalada con Remolacha)
Andalucia style Whiting
(with Accompaniment of
Beet Salad)

Fruta Fruit

MIERCOLES 2 nd
WEDNESDAY

Coliflor Rehogada
(con Ajo y Aceite)
Sautéed Cauliflower
(with Garlic and Oil)
Hamburguesa
(con Guarnición de
Patatas Fritas)
Burger
(with Accompaniment of
Chips)

Fruta Fruit

MIERCOLES 9 th
WEDNESDAY

Lentejas a la Burgalesa
(Guisadas c/Verdu.y Chori.)
Burgos style Lentils
(Cooked with Vegetables and Chorizo)
Tortilla de Jamón
(con Guarnición de
Ensalada con Remolacha)
Ham Omelette
(with Accompaniment of
Beet Salad)

Fruta Fruit

MIERCOLES 16 th
WEDNESDAY

Sopa de Cocido
(con Fideos)
Stew Soup
(with Noodles)
Complemento de Cocido
(Garbanzos, Chori, Ternera)
(Repollo, Patata y Zanahor.)
Madrid Stew Accompaniment
(Chickpeas, Chorizo and Beef)
(Cabbage, Potatoes and Carrots)

Fruta Fruit

MIERCOLES 23 rd
WEDNESDAY

Patatas a la Riojana
(Guisadas con Chorizo)
Potatoes Rioja Style
(Cooked with Chorizo)
Tortilla Paisana
(con Guarnición de
Ensalada con Soja)
Vegetables Omelette
(with Accompaniment of
Soy Salad)

Fruta Fruit

JUEVES 3 rd
THURSDAY

Espirales Cocidas
(con Tomate y Champiñón)
Fusilli
(with Tomato and Mushrooms)
Panga a la Romana
(Frita con Guarnición de
Ensalada con Soja)
Fried Panga Fish
(Fried with Accompaniment of
Soy Salad)

Fruta Fruit

JUEVES 10 th
THURSDAY

Patatas con Adobillo
(Guisadas c/ Adobo y Verduras)
Potatoes with Marinade Meat
(Cooked with Marinade Meat and Veg)
Merluza Menier
(Salsa de Limón)
Ensalada con York
Hake in Menier Sauce
(Lemon Sauce)
Cooked Ham Salad

Fruta Fruit

JUEVES 17 th
THURSDAY

Crema de Verduras
(con Verduras Variadas)
Cream of Vegetables
(with Mixed Vegetables)
Mero a la Vasca
(Salsa Verde, Guisantes)
Patatas Fritas
Basque style Grouper
(Green sauce, Peas)
Chips

Fruta Fruit

JUEVES 24 th
THURSDAY

Judías Blancas
(Guisadas con Verduras)
White Beans
(Cooked with Vegetables)
Delicias Crujientes
(Calamares, Croquet, Empana.)
Ensalada con York
Fried Crispy Delights
(Squid, Croquettes, Tuna Pasty...)
Cooked Ham Salad
Yogurt Yoghurt

VIERNES 4 th
FRIDAY

Potaje Castellano
(c/ Garbanzos, Espinacas...)
Castilian Chickpea Stew
(with Chickpeas, Spinach...)
Pollo al Limón
(con Guarnición de
Ensalada con Zanahor.)
Chicken in Lemon Sauce
(with Accompaniment of
Carrot Salad)
Natillas Custard

VIERNES 11 th
FRIDAY

Crema de Guisantes
(Guisantes, Patat. y Zanahor.)
Cream of Peas
(Peas, Potatoes and Carrots)
Lomo Plancha
(con Guarnición de
Patatas Panadera)
Grilled Pork Tenderloin
(with Accompaniment of
Panadera style Potatoes)
Yogurt Yoghurt

VIERNES 18 th
FRIDAY

Judías Pintas
(Guisadas c/Verdu.y Chori.)
Pinto Beans
(Cooked with Vegetables and Chorizo)
Nuggets de Pollo
(con Guarnición de
Ensalada con Maíz)
Chicken Nuggets
(with Accompaniment of
Sweet Corn Salad)
Natillas Custard

VIERNES 25 th
FRIDAY

DIA NO LECTIVO



* Todos los menús incluyen leche, pan y agua.

* All menus include milk, bread and water.

Visite nuestra Web en | www.alcoin.es |

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FEBRERO.

FEBRUARY

Estimados padres: Dear Parents:

Les apuntamos las propiedades calórico-nutritivas de los menús del mes.

We inform you about the caloric-nutritional properties of this month's menus.

COMIDAS - MEALS

DIA - DAY-	1	2	3	4
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
Kca.	859 Lip...	740 Lip...	849 Lip...	742 Lip...
Prot...	48 H.C...	30 H.C...	40 H.C...	37 H.C...
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
Kca.	940 Lip...	805 Lip...	857 Lip...	857 Lip...
Prot...	33 H.C...	36 H.C...	37 H.C...	37 H.C...
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
Kca.	716 Lip...	837 Lip...	827 Lip...	896 Lip...
Prot...	28 H.C...	38 H.C...	30 H.C...	45 H.C...
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
Kca.	785 Lip...	760 Lip...	858 Lip...	858 Lip...
Prot...	28 H.C...	31 H.C...	48 H.C...	48 H.C...
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
Kca.	863 Lip...	863 Lip...	863 Lip...	863 Lip...
Prot...	29 H.C...	29 H.C...	29 H.C...	29 H.C...

CONSEJO PARA LAS CENAS

ADVICE FOR DINNERS

DIA - DAY-	1	2	3	4
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
CREMA	SOPA	ENSALADA	VERDURA	VERDURA
SALAD	SUP	SALAD	VEGETABLE	VEGETABLE
PAVO	TORTILLA	CARNE	PESCADO	PESCADO
TURKEY	OMELETTE	MEAT	FISH	FISH
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
CREMA	SOPA	ENSALADA	VERDURA	VERDURA
SALAD	SUP	SALAD	VEGETABLE	VEGETABLE
PAVO	TORTILLA	CARNE	PESCADO	PESCADO
TURKEY	OMELETTE	MEAT	FISH	FISH
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
CREMA	SOPA	ENSALADA	VERDURA	VERDURA
SALAD	SUP	SALAD	VEGETABLE	VEGETABLE
PAVO	TORTILLA	CARNE	PESCADO	PESCADO
TURKEY	OMELETTE	MEAT	FISH	FISH
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
VERDURA	ENSALADA	VERDURA	VERDURA	VERDURA
VEGETABLE	SALAD	VEGETABLE	VEGETABLE	VEGETABLE
TORTILLA	CARNE	PAVO	PAVO	PAVO
OMELETTE	MEAT	TURKEY	TURKEY	TURKEY
DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-	DIA - DAY-
VERDURA	VERDURA	VERDURA	VERDURA	VERDURA
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
PESCADO	PESCADO	PESCADO	PESCADO	PESCADO
FISH	FISH	FISH	FISH	FISH

* Recuerde que las cenas deben de ser ligeras y no demasiado abundantes.

* Remember that dinner should be light and not too generous.

Alimentación de Colegios Infantiles S.L. Tfno.-917.425.850

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