

# MENÚ DE JUNIO 2021 – CP LUGO DE LLANERA

**lunes**



**martes**

KCal.806 HC.84 Lip.37 Pri.33

**1**  
Fabada asturiana  
Varita de merluza  
Ensalada de lechuga  
Fruta de temporada

**miércoles**

KCal.659 HC.83 Lip.26 Pri.24

**2**  
Sopa ave con fideos  
Ternera guisada  
Patatas panadera  
Yogur

**jueves**

KCal.695 HC.92 Lip.21 Pri.35

**3**  
Lentejas estofadas  
Merluza en salsa verde  
Con guisantes  
Fruta de temporada

**viernes**

KCal.694 HC.83 Lip.29 Pri.25

**4**  
Crema de verduras de la huerta  
Pollo asado al romero  
Ensalada de lechuga y maíz  
Fruta de temporada

KCal.721 HC.79 Lip.34 Pri.24

KCal.667 HC.86 Lip.24 Pri.26

KCal.773 HC.85 Lip.32 Pri.35

KCal.810 HC.95 Lip.33 Pri.34

KCal.666 HC.94 Lip.18 Pri.32

**7**  
Judías verdes con jamón y tomate  
Tortilla de patata  
Ensalada de lechuga  
Fruta de temporada

**8**  
Ensalada campera  
Lomo a la plancha  
Pimientos asados  
Actimel

**9**  
Garbanzos con chorizo  
Bacalada a la romana  
Ensalada de lechuga y tomate  
Fruta de temporada

**10**  
Macarrones napolitana  
Salchichas  
Salsa rubia  
Yogur

**11**  
Fabas estofadas  
Merluza a la gallega  
Con verduritas  
Fruta de temporada

KCal.710 HC.85 Lip.30 Pri.25

KCal.806 HC.104 Lip.31 Pri.27

KCal.778 HC.100 Lip.29 Pri.29

KCal.654 HC.81 Lip.28 Pri.18

KCal.702 HC.89 Lip.24 Pri.32

**14**  
Crema de calabacín  
Hamburguesa al horno  
Patatas fritas  
Fruta de temporada

**15**  
Caracillos boloñesa con ternera IGP  
Salmón en salsa de cítricos  
Zanahoria baby  
Fruta de temporada

**16**  
Garbanzos con espinacas  
Pollo al limón  
Patata al horno  
Fruta de temporada

**17**  
Sopa de pollo  
Tortilla de patata  
Ensalada de lechuga  
Yogur

**18**  
Lentejas a la castellana  
Gallineta en salsa verde  
Con guisantes  
Fruta de temporada

KCal.771 HC.105 Lip.31 Pri.17

KCal.691 HC.81 Lip.29 Pri.27

KCal.695 HC.92 Lip.23 Pri.30

KCal.743 HC.84 Lip.32 Pri.31

**21**  
Paella valenciana  
Empanadillas de atún  
Ensalada de lechuga y maíz  
Fruta de temporada

**22**  
Judías verdes con tomate  
Pechuga de pollo  
Patata panadera  
Yogur

**23**  
Patatas a la riojana  
Pavo estofado con verduras  
Champiñones salteados  
Fruta de temporada

**24**  
MENU ESPECIAL



Este menú podrá sufrir modificaciones en caso necesario para adecuarse a la especial situación en la que nos encontramos.

**Monday**



**Tuesday**

KCal.806 HC.84 Lip.37 Pri.33

**1**  
"Fabada" bean stew  
Fried breaded fish  
Lettuce salad  
Seasonal fruit

**Wednesday**

KCal.659 HC.83 Lip.26 Pri.24

**2**  
Noodle soup  
Stewed beef with vegetables and potatoes  
Yogurt

**Thursday**

KCal.695 HC.92 Lip.21 Pri.35

**3**  
Vegetable lentil stew  
Hake in marinara sauce with green peas  
Seasonal fruit

**Friday**

KCal.694 HC.83 Lip.29 Pri.25

**4**  
Cream of vegetable soup  
Roast rosemary chicken  
Lettuce and corn salad  
Seasonal fruit

KCal.721 HC.79 Lip.34 Pri.24

KCal.667 HC.86 Lip.24 Pri.26

KCal.773 HC.85 Lip.32 Pri.35

KCal.810 HC.95 Lip.33 Pri.34

KCal.666 HC.94 Lip.18 Pri.32

**7**  
Green beans with tomato sauce  
Spanish omelette  
Lettuce salad  
Seasonal fruit

**8**  
Potato salad  
Marinated loin with red peppers  
Actimel

**9**  
Chickpea stew  
Battered blue whiting  
Lettuce and tomato salad  
Seasonal fruit

**10**  
"Neapolitan" pasta  
Sausages  
Vegetable sauce  
Yogurt

**11**  
Bean stew  
Hake in paprika sauce with vegetables  
Seasonal fruit

KCal.710 HC.85 Lip.30 Pri.25

KCal.806 HC.104 Lip.31 Pri.27

KCal.778 HC.100 Lip.29 Pri.29

KCal.654 HC.81 Lip.28 Pri.18

KCal.702 HC.89 Lip.24 Pri.32

**14**  
Creamed of courgettes soup  
Roasted hamburger with fried potatoes  
Seasonal fruit

**15**  
Bolognese pasta  
Salmon orange sauce  
Carrot baby  
Seasonal fruit

**16**  
Chickpea with spinach stew  
Roasted chicken in sauce with potatoes  
Baked potatoes  
Seasonal fruit

**17**  
Noodle soup  
Spanish omelette  
Lettuce salad  
Yogurt

**18**  
Lentil stew  
Fish with green peas sauce  
Seasonal fruit

KCal.771 HC.105 Lip.31 Pri.17

KCal.691 HC.81 Lip.29 Pri.27

KCal.695 HC.92 Lip.23 Pri.30

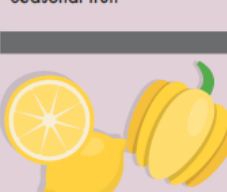
KCal.743 HC.84 Lip.32 Pri.31

**21**  
"Paella"  
Tuna small pie  
Lettuce and corn salad  
Seasonal fruit

**22**  
Green beans with tomato sauce  
Baked chicken breast  
Potatoes  
Yogurt

**23**  
Potatoes with spicy sausage  
Turkey and vegetables stew  
Mushroom sautéed  
Seasonal fruit

**24**  
SPECIAL MENU



This menu may undergo modifications if necessary to adapt to the special situation in which we find ourselves.

JUNIO

JUNE