

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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<p>4 KCal.754 / HC.102 / Lip.30 / Prt.19</p> <p>Macarrones con pisto</p> <p>Tortilla de calabacín</p> <p>Fruta fresca de temporada</p> <p>Macaroni with "ratatouille"</p> <p>Zucchini omelette</p> <p>Seasonal fruit</p>	<p>5 KCal.691 / HC.81 / Lip.29 / Prt.27</p> <p>Potaje de judías verdes</p> <p>Lomo de cerdo al horno con verduritas y arroz</p> <p>Fruta fresca de temporada</p> <p>Green beans with tomato</p> <p>Baked pork tenderloin with veggies and rice</p> <p>Seasonal fruit</p>	<p>6 KCal.695 / HC.92 / Lip.23 / Prt.30</p> <p>Lentejas estofadas con arroz</p> <p>Ensalada mixta</p> <p>Fruta fresca de temporada</p> <p>Lentil and rice stew</p> <p>Mixed salad</p> <p>Seasonal fruit</p>	<p>7 KCal.651 / HC.87 / Lip.23 / Prt.25</p> <p>Puré de verduras</p> <p>Pavo guisado con patatas</p> <p>Yogur</p> <p>Cream of vegetable soup</p> <p>Turkey and vegetables stew with potatoes</p> <p>Yogurt</p>	<p>8 KCal.734 / HC.94 / Lip.30 / Prt.22</p> <p>Garbanzos estofados</p> <p>Sardinilla con ensalada de tomate</p> <p>Fruta fresca de temporada</p> <p>Chickpea stew</p> <p>Grilled sardines with tomato salad</p> <p>Seasonal fruit</p>
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<p>11</p> <p>18 KCal.711 / HC.89 / Lip.29 / Prt.23</p> <p>Ensalada mixta</p> <p>Tortilla de patata con pisto</p> <p>Fruta fresca de temporada</p> <p>Mixed salad</p> <p>Spanish omelette with "ratatouille"</p> <p>Seasonal fruit</p>	<p>12</p> <p>19 KCal.711 / HC.86 / Lip.30 / Prt.23</p> <p>Crema de espinacas</p> <p>Lenguado al horno con patatas panadera</p> <p>Fruta fresca de temporada</p> <p>Cream of spinach soup</p> <p>Baked sole with potatoes</p> <p>Seasonal fruit</p>	<p>13</p> <p>20 KCal.786 / HC.107 / Lip.31 / Prt.19</p> <p>Fabada asturiana con compango</p> <p>Ensalada de lechuga y tomate</p> <p>Yogur</p> <p>"Fabada" bean stew</p> <p>Tomato and lettuce salad</p> <p>Yogurt</p>	<p>14</p> <p>21 KCal.706 / HC.91 / Lip.24 / Prt.31</p> <p>Pure de coliflor</p> <p>Ternera guisada con patata dado</p> <p>Fruta fresca de temporada</p> <p>Cream of cauliflower soup</p> <p>Stewed beef with potatoes</p> <p>Seasonal fruit</p>	<p>15</p> <p>22 KCal.792 / HC.95 / Lip.32 / Prt.32</p> <p>Lentejas estofadas</p> <p>Albóndigas de pescado en salsa</p> <p>Fruta fresca de temporada</p> <p>Lentil stew</p> <p>Fish ball with sauce</p> <p>Seasonal fruit</p>
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<p>25 KCal.600 / HC.83 / Lip.20 / Prt.22</p> <p>Crema de zanahoria</p> <p>Tortilla francesa de queso con salsa de tomate natural</p> <p>Fruta fresca de temporada</p> <p>Cream of carrot soup</p> <p>Cheese omelette</p> <p>Fresh tomato sauce</p> <p>Seasonal fruit</p>	<p>26 KCal.660 / HC.79 / Lip.25 / Prt.29</p> <p>Guisantes con jamón</p> <p>Salmón a la plancha al limón con ensalada de lechuga y tomate</p> <p>Fruta fresca de temporada</p> <p>Peas with ham</p> <p>Salmon orange sauce</p> <p>Lettuce and tomato salad</p> <p>Seasonal fruit</p>	<p>27 KCal.621 / HC.74 / Lip.25 / Prt.25</p> <p>Crema de verduras</p> <p>Pollo guisado con patatas</p> <p>Yogur</p> <p>Cream of vegetable soup</p> <p>Roasted chicken with potatoes</p> <p>Yogurt</p>	<p>28 KCal.754 / HC.102 / Lip.29 / Prt.21</p> <p>Arroz con calamar</p> <p>Ensalada mixta</p> <p>Fruta fresca de temporada</p> <p>Rice with squid</p> <p>Mixed salad</p> <p>Yogurt</p>	<p>29 KCal.711 / HC.80 / Lip.30 / Prt.30</p> <p>Calabacín relleno</p> <p>Lacón cocido con cachelos</p> <p>Fruta fresca de temporada</p> <p>Stuffed courgette</p> <p>Boiled ham with greens</p> <p>Seasonal fruit</p>
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En el comedor se sirven las cantidades acordes a la edad de los niños, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades (para rango de edad entre 3 y 8 años corresponden a un 80% de la calibración indicada).
 El menú incluye agua y pan. Estos menús han sido revisados y aprobados por la dietista-nutricionista colegiada CYL00134. Por causa de fuerza mayor Ausolan se reserva el derecho de hacer cambios en el menú.

NOTA

The portion served in the dining room adjusts to childrens age ranges according to their needs (ages between 3 and 8 are 80% of the nutrition facts).
 The menu includes water and bread. These menus have been checked and approved by professionals in human Nutrition and dietetics (Dietitian CYL00134). Ausolan may change the menu due to reasons of force majeure.

NOTA