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Se servirá pan integral una vez a la semana, como mínimo.

A1 - Gluten A2 - Altramuz A3 - Dioxido de azufre y sulfitos A4 - Molusco A5 - Cacahuete A6 - Apio A7 - Huevos A8 - Pescado A9 - Lacteo A10 - Mostaza A11 - Crustaceo A12 - Sesamo A13 - Frutos de cascara A14 - Soja

 Kilocalorías  Proteínas  Hidratos  Grasas

I10 - Alubias I5 - Carne I2 - Cerdo I6 - Legumbres I9 - Lentejas I8 - No apto ovolactovegetariano I7 - No apto vegano

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Basal menu january

Colegio Miralmonte



08 🌿 936 🍷 82 🥗 25 🍌 42 Salad Organic Neapolitan macaroni A9 A1 I7 Breaded hake A1 A3 A4 A7 A8 A9 A11 A13 A14 I6 I8 Fruit - Boiled vegetables. Baked salmon. Fruit.	09 🌿 800 🍷 93 🥗 40 🍌 28 Seasonal salad with orange I7 Grandma's lentils A1 A3 I8 I2 I5 I7 I6 I9 Homemade pizza A9 A14 A1 I5 I2 I8 I7 I6 Fruit - Artichoke omelette with tumaca bread. Fruit	10 🌿 848 🍷 80 🥗 31 🍌 46 Cabbage salad with orange Mushrooms cream A9 I7 Meatballs in sauce with cous cous A14 A1 A3 A7 A10 A13 I2 I6 I7 I8 I5 Yogurt A9 I7 Grilled daurade with peppers. Fruit	11 🌿 723 🍷 81 🥗 24 🍌 32 Salad Milanese rice with lean cubes I8 I2 I5 I6 I7 Omelette with ratatouille A7 I7 Fruit -Baked chicken with baked apple and vegetables. Fruit	12 🌿 646 🍷 68 🥗 44 🍌 20 Salad Noodle Soup ECO A1 I8 I5 I2 I7 Cocido I8 I7 I5 I2 I6 Fruit - Baked eggs with tomato and peas. Fruit
15 🌿 785 🍷 70 🥗 30 🍌 41 Salad Whole Wheat Spaghetti carbonara A9 A1 A7 A14 I8 I5 I2 I7 I6 Zucchini and potato omelette A7 I7 Fruit - Chicken wings with sweet potato sticks. Fruit	16 🌿 592 🍷 63 🥗 31 🍌 21 Seasonal salad with orange I7 Black beans with vegetables I10 I6 Turkey roti with mushrooms A1 A14 A3 I6 I8 I7 I5 Fruit - Baked cod with potatoes and spinach. Fruit	17 🌿 688 🍷 74 🥗 44 🍌 26 Murcian wet A8 A7 I8 I7 Fideuá A4 A3 A11 A1 A7 I8 I7 Ham and cheese A9 A14 I5 I2 I8 I6 I7 Fruit Pumpkin and cauliflower soup	18 🌿 601 🍷 42 🥗 35 🍌 32 Salad with fruit Riojana potatoes A9 A3 I7 I8 I5 I2 Baked hake with peas A8 I7 I6 I8 Yogurt A9 I7 - Andalusian gazpacho with croutons and grilled turkey. Fruit	19 🌿 656 🍷 69 🥗 26 🍌 31 Salad Chickpea soup with leek and sweet potato A3 I6 100% chicken burger with fries I8 I5 I7 Fruit - Cracked eggs with smoked salmon and mushrooms. Fruit
22 🌿 631 🍷 58 🥗 32 🍌 30 Seasonal salad with orange I7 Organic lentils with vegetables A1 I9 I6 Scrambled eggs with bacon A9 A14 A7 I8 I6 I2 I5 I7 Fruit - Cream of zucchini and ham panini with cheese. Fruit	23 🌿 582 🍷 66 🥗 27 🍌 23 Salad Spirals with tomato, broccoli and cheese A9 A1 A7 I7 Gratin cod with all i oli A8 A7 I7 I8 Fruit - Cod with peppers, zucchini and tomato. Fruit	24 🌿 644 🍷 52 🥗 45 🍌 27 Salad with fruit Noodle Soup A1 A7 A6 I8 I5 I7 I2 Roast chicken with sweet paprika I8 I5 I7 Yogurt A9 I7 - Lasagna of zucchini and vegetables to taste with texturized soy. Fruit	25 🌿 737 🍷 77 🥗 28 🍌 35 Salad Chickpea stew with vegetables I6 Potato omelette with cheese A7 A9 I7 Fruit - Chicken with ratatouille. Fruit	26 🌿 730 🍷 64 🥗 39 🍌 35 Vegetable salad with avocado Ribs and Potato Stew I8 I5 I2 I7 I6 Monkfish in sauce A8 I7 I8 Fruit - Sautéed menestra with garlic and pork. Fruit
FESTIVO		30 🌿 624 🍷 76 🥗 27 🍌 22 Salad Eggless Cuban Rice. Gallo San Pedro with lemon and green beans A8 I7 I8 I10 I6 Fruit - Cream of zucchini and ham panini with cheese. Fruit	31 🌿 695 🍷 64 🥗 27 🍌 35 Salad Stoned vegetables A3 I6 I10 Sausages with tomato sauce A3 A9 I2 I8 I5 I7 Fruit -Baked chicken with baked apple and vegetables. Fruit	

A1 - Gluten A2 - Lupin A3 - Sulphur dioxide and sulphites A4 - Mollusk A5 - Peanut A6 - Celery A7 - Eggs A8 - Fish A9 - Dairy A10 - Mustard A11 - Crustacean A12 - Sesame A13 - Nuts A14 - Soy
🌿 Kilocalories 🥗 Protein 🍷 Carbohydrates 🍌 Fats
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