Nursery 1, Nursery 2, Nursery 3 & Reception

MENÚ ELABORADO POR EL DEPARTAMENTO DE NUTRICIÓN DE aramark

MES: Enero 2023

COLEGIO: LAUDE NEWTON COLLEGE

Lunes	Martes	Miércoles	Jueves	Viernes
2	3	4	5	6
9 Macaroni bolognese Hake fillet with sauce with sautéed carrots Seasonal Fruit and bread VE:3.250/778 GT:17 GS:3 HC:115 AZ:23 PROT:43 SAL:2	10 Carrot and pumpkin cream with apple Grilled hamburger with sautéed green beans Seasonal Fruit and bread VE:2.441/584 GT:17 GS:4 HC:91 AZ:26 PROT:30 SAL:2	11 Lentils with quinoa and vegetables Roast chicken with thyme with roasted potatoes Fruit or dairy dessert and bread VE:2.830/677 GT:12 GS:2 HC:93 AZ:19 PROT:50 SAL:1	12 Paella Andalusian style sole with sautéed vegetables with tomato sauce Seasonal Fruit and bread VE:3.609/863 GT:21 GS:3 HC:121 AZ:20 PROT:48 SAL:1	13 Potato, chicken & pasta stew French omelette with vegetables Special desserts and bread VE:2.771/663 GT:12 GS:2 HC:102 AZ:28 PROT:37 SAL:5
16 Pasta salad Hake with tomato sauce with sautéed peas Seasonal Fruit and bread VE:4.239/1.014 GT:36 GS:7 HC:123 AZ:24 PROT:54 SAL:2	17 Zucchini cream with cheese Breaded chicken with vegetables Seasonal Fruit and bread VE:2.487/595 GT:16 GS:3 HC:82 AZ:23 PROT:29 SAL:2	18 Lentil stew with apple Ham croquettes with sautéed broccoli Fruit or dairy dessert and bread VE:3.766/901 GT:39 GS:6 HC:113 AZ:28 PROT:27 SAL:2	19 Milanese rice Ham omelette with baby carrots Seasonal Fruit and bread VE:2.920/699 GT:16 GS:5 HC:112 AZ:22 PROT:28 SAL:2	20 Seafood fideua Grilled hotdogs with mashed potatoes Special desserts and bread VE:4.199/1.005 GT:46 GS:10 HC:110 AZ:40 PROT:33 SAL:3
23 **DÍA INTERNACIONAL CHINA** Three jewel rice Chicken breast with lemon Homemade cake and bread VE:4.046/968 GT:23 GS:3 HC:142 AZ:34 PROT:46 SAL:1	24 Spaghetti with carrot sauce Turkey omelette with sautèed peas with bacon Seasonal Fruit and bread VE:3.089/739 GT:16 GS:3 HC:116 AZ:23 PROT:35 SAL:2	25 Vegetables cream Meatballs with vegetables with french fries Fruit or dairy dessert and bread VE:3.093/740 GT:33 GS:9 HC:82 AZ:22 PROT:30 SAL:1	26 Star pasta soup Ham & cheese pizza with baby carrots Seasonal Fruit and bread VE:2.851/682 GT:14 GS:7 HC:117 AZ:22 PROT:24 SAL:4	27 Chickpeas with tomatoes & eggs Paella rice with sautéed green beans Special desserts and bread VE:3.869/926 GT:15 GS:3 HC:164 AZ:27 PROT:34 SAL:2
30 Wholemeal pasta with tomato and basil Croquettes & meat pastries with vegetables Seasonal Fruit and bread VE:3.072/735 GT:21 GS:4 HC:117 AZ:25 PROT:20 SAL:3	31 "Olleta alicantina" legume stew Spanish omelette with sauteed vegetables Seasonal Fruit and bread VE:3.842/919 GT:31 GS:1 HC:130 AZ:21 PROT:29 SAL:3			