

MES: Abril 2024

NEWTON COLLEGE

Lunes

Martes

Miércoles

Jueves

Viernes

1	2	3	4	5
8	9 "A banda" rice Ham omelette with vegetable stew Seasonal Fruit and bread <small>VE:2.876/688 GT:11 GS:2 HC:108 AZ:18 PROT:36 SAL:1</small>	10 Braised beans with sausage Hamburger with vegetables Fruit or dairy dessert and bread <small>VE:4.031/964 GT:30 GS:11 HC:137 AZ:26 PROT:49 SAL:3</small>	11 Borsch Cream (beets, carrots and cheese) Bilbao-style haddock with diced potatoes Seasonal Fruit and bread <small>VE:3.160/756 GT:37 GS:4 HC:85 AZ:22 PROT:31 SAL:1</small>	12 Stewed lentils Baked chicken with potatoes Custard and bread <small>VE:3.575/855 GT:21 GS:4 HC:110 AZ:24 PROT:54 SAL:1</small>
15 Paella Baked sole fillet with sautéed carrots Seasonal Fruit and bread <small>VE:3.367/805 GT:18 GS:4 HC:121 AZ:21 PROT:42 SAL:1</small>	16 Stewed chickpeas Ham & cheese pizza with dressed broccoli Seasonal Fruit and bread <small>VE:3.654/874 GT:16 GS:6 HC:154 AZ:21 PROT:33 SAL:2</small>	17 Chicken soup with noodles Chicken stew with vegetables Fruit or dairy dessert and bread <small>VE:2.498/598 GT:7 GS:2 HC:93 AZ:23 PROT:42 SAL:2</small>	18 Macaroni bolognese French omelette with sautéed peas Seasonal Fruit and bread <small>VE:2.813/673 GT:10 GS:0 HC:111 AZ:23 PROT:33 SAL:1</small>	19 Zucchini cream with croutons Meatballs with mixed vegetables Cereals with yoghurt and bread <small>VE:3.641/871 GT:37 GS:11 HC:95 AZ:23 PROT:36 SAL:1</small>
22 Stewed lentils Spanish omelette with vegetable stew Seasonal Fruit and bread <small>VE:3.237/774 GT:18 GS:3 HC:122 AZ:21 PROT:35 SAL:1</small>	23 Rice with tomato sauce Hotdogs with sautéed green beans Seasonal Fruit and bread <small>VE:3.160/756 GT:16 GS:4 HC:131 AZ:22 PROT:26 SAL:2</small>	24 Vegetables purée Andalusian-style hake fillet with tomatoes with dressing Fruit or dairy dessert and bread <small>VE:2.228/533 GT:10 GS:1 HC:80 AZ:22 PROT:31 SAL:1</small>	25 Soup with ham & egg bits Chicken with fine herbs with potatoes Seasonal Fruit and bread <small>VE:2.791/668 GT:19 GS:3 HC:77 AZ:21 PROT:45 SAL:1</small>	26 Elbow macaroni with tuna bolognese Ham croquettes with vegetables Cream puffs and bread <small>VE:4.279/1.024 GT:45 GS:6 HC:123 AZ:16 PROT:35 SAL:3</small>
29 Caldoso rice with vegetables with chicken strips Hamburger with ketchup with sautéed zucchini Seasonal Fruit and bread <small>VE:2.960/708 GT:15 GS:4 HC:116 AZ:23 PROT:40 SAL:2</small>	30 Stew with spinach with hard-boiled egg Tenderloin with cheese with diced potatoes Seasonal Fruit and bread <small>VE:4.253/1.017 GT:43 GS:8 HC:104 AZ:22 PROT:47 SAL:2</small>			Todos los días ensalada variada. Disponibile pan blanco e integral.