

MES: Octubre 2024

NEWTON COLLEGE

Lunes

Martes

Miércoles

Jueves

Viernes

	<p><b>1 Guarnición de patatas</b> Braised beans with vegetables Chicken drumsticks in "chilindron" gravy with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread</p> <p>VE:2.912/697 GT:13 GS:2 HC:126 AZ:23 PROT:56 SAL:1</p>	<p><b>2 Guarnición de verduritas</b> Napolitan pasta with cheese Haddock in sauce with lettuce, tomato and olives salad Fruit &amp; Yogurt and bread</p> <p>VE:3.638/870 GT:36 GS:7 HC:117 AZ:27 PROT:47 SAL:2</p>	<p><b>3 Guarnición de menestra</b> Vegetables cream Grilled hamburger with lettuce, tomato and carrot salad Seasonal Fruit and wholemeal bread</p> <p>VE:2.460/589 GT:30 GS:6 HC:70 AZ:22 PROT:27 SAL:2</p>	<p><b>4 Guarnición de brócoli</b> Stewed lentils Andalusian-style hake fillet with lettuce, cucumber and carrot salad Fruit and ice cream and bread</p> <p>VE:3.736/894 GT:21 GS:2 HC:138 AZ:7 PROT:45 SAL:2</p>
<p><b>7 Guarnición de verduras</b> Paella Croquettes &amp; meat pastries with lettuce, tomato and beetroot salad Seasonal Fruit and bread</p> <p>VE:3.825/915 GT:32 GS:6 HC:128 AZ:26 PROT:27 SAL:2</p>	<p><b>8 Guarnición de calabacín</b> Chickpeas with tomatoes &amp; eggs Cheese omelette with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread</p> <p>VE:2.700/646 GT:12 GS:1 HC:105 AZ:20 PROT:31 SAL:2</p>	<p><b>9 FESTIVO</b></p>	<p><b>10 Guarnición de brócoli</b> Macaroni bolognese Baked sole fillet with lettuce salad with sweetcorn &amp; quinoa Seasonal Fruit and bread</p> <p>VE:3.047/729 GT:13 GS:2 HC:117 AZ:20 PROT:39 SAL:1</p>	<p><b>11 NO LECTIVO</b></p>
<p><b>14 Guarnición de menestra</b> Stewed lentils Spanish omelette with lettuce, tomato and olives salad Seasonal Fruit and bread</p> <p>VE:3.354/802 GT:32 GS:5 HC:117 AZ:21 PROT:34 SAL:1</p>	<p><b>15 Guarnición judías verdes</b> Napolitan rice Lean pork in sauce with lettuce, carrot &amp; sweetcorn Seasonal Fruit and wholemeal bread</p> <p>VE:2.993/716 GT:16 GS:1 HC:115 AZ:19 PROT:41 SAL:1</p>	<p><b>16 Guarnición de guisantes</b> Cream of legumes with croutons Baked dab with tomato sauce Fruit &amp; Yogurt and bread</p> <p>VE:3.987/954 GT:24 GS:5 HC:137 AZ:27 PROT:50 SAL:2</p>	<p><b>17 Guarnición de guisantes</b> Vegetables soup Baked chicken with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread</p> <p>VE:2.178/521 GT:9 GS:2 HC:68 AZ:22 PROT:41 SAL:1</p>	<p><b>18 Guarnición de verduritas</b> Pasta with tuna bolognese sauce Ham croquettes with lettuce, tomato and carrot salad Fruit and ice cream and bread</p> <p>VE:4.659/1.115 GT:50 GS:6 HC:142 AZ:12 PROT:27 SAL:3</p>
<p><b>21 Guarnición de calabacín</b> Valencia style boiled vegetables Chicken stew with lettuce, tomato and beetroot salad Seasonal Fruit and bread</p> <p>VE:2.385/571 GT:12 GS:3 HC:81 AZ:25 PROT:38 SAL:1</p>	<p><b>22 Guarnición de zanahoria</b> Stew with spinach with hard-boiled egg Hotdogs with lettuce &amp; tomatoes Seasonal Fruit and wholemeal bread</p> <p>VE:3.410/816 GT:31 GS:7 HC:97 AZ:22 PROT:38 SAL:3</p>	<p><b>23 Guarnición de patatas</b> Courgette soup with cheese Haddock in sauce with lettuce salad with tomato and sweetcorn Fruit &amp; Yogurt and bread</p> <p>VE:2.663/637 GT:22 GS:5 HC:81 AZ:28 PROT:38 SAL:2</p>	<p><b>24 Guarnición panaché verdur</b> "Olleta alicantina" legume stew Ham omelette with lettuce, tomato and carrot salad Seasonal Fruit and wholemeal bread</p> <p>VE:3.111/744 GT:23 GS:3 HC:106 AZ:20 PROT:35 SAL:2</p>	<p><b>25 Guarnición de verduritas</b> Baked rice Cod fritters with green salad with olives Custard and bread</p> <p>VE:5.319/1.273 GT:62 GS:12 HC:147 AZ:24 PROT:28 SAL:6</p>
<p><b>28 Guarnición judías verdes</b> Rioja style lentils Spanish omelette with lettuce, tomato and beetroot salad Seasonal Fruit and bread</p> <p>VE:3.217/770 GT:26 GS:6 HC:100 AZ:23 PROT:35 SAL:1</p>	<p><b>29 Guarnición tomate horno</b> Vegetable paella Baked dab with lettuce and soy salad Seasonal Fruit and wholemeal bread</p> <p>VE:3.245/776 GT:16 GS:2 HC:117 AZ:20 PROT:47 SAL:1</p>	<p><b>30 Guarnición de pisto</b> Cream of carrot &amp; butternut squash Grilled hamburger with lettuce, ham &amp; cheese Fruit &amp; Yogurt and bread</p> <p>VE:3.061/732 GT:39 GS:11 HC:79 AZ:30 PROT:30 SAL:2</p>	<p><b>31 Guarnición panaché verdur</b> Napolitan macaroni Andalusian-style hake fillet with lettuce, tomato and olives salad Seasonal Fruit and wholemeal bread</p> <p>VE:3.132/749 GT:26 GS:4 HC:109 AZ:20 PROT:40 SAL:1</p>	