

MES: Octubre 2024

NEWTON COLLEGE

Lunes

Martes

Miércoles

Jueves

Viernes

	<p>1 Guarnición de patatas Braised beans with vegetables Chicken drumsticks in "chilindron" gravy with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread VE:2.912/697 GT:13 GS:2 HC:126 AZ:23 PROT:56 SAL:1</p>	<p>2 Guarnición de verduritas Napolitan pasta with cheese Haddock in sauce with lettuce, tomato and olives salad Fruit & Yogurt and bread VE:3.638/870 GT:36 GS:7 HC:117 AZ:27 PROT:47 SAL:2</p>	<p>3 Guarnición de menestra Vegetables cream Hamburger with lettuce, tomato and carrot salad Seasonal Fruit and wholemeal bread VE:3.539/847 GT:39 GS:10 HC:108 AZ:25 PROT:33 SAL:2</p>	<p>4 Guarnición de brócoli Stewed lentils Andalusian-style hake fillet with lettuce, cucumber and carrot salad Fruit and ice cream and bread VE:3.736/894 GT:21 GS:2 HC:138 AZ:7 PROT:45 SAL:2</p>
<p>7 Guarnición de verduras Paella Croquettes & meat pastries with lettuce, tomato and beetroot salad Seasonal Fruit and bread VE:3.825/915 GT:32 GS:6 HC:128 AZ:26 PROT:27 SAL:2</p>	<p>8 Guarnición de calabacín Chickpeas with tomatoes & eggs Cheese omelette with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread VE:2.700/646 GT:12 GS:1 HC:105 AZ:20 PROT:31 SAL:2</p>	<p>9 FESTIVO</p>	<p>10 Guarnición de brócoli Macaroni bolognese Baked hake with lettuce salad with sweetcorn & quinoa Seasonal Fruit and bread VE:2.809/672 GT:9 GS:0 HC:109 AZ:20 PROT:39 SAL:1</p>	<p>11 NO LECTIVO</p>
<p>14 Guarnición de menestra Stewed lentils Spanish omelette with lettuce, tomato and olives salad Seasonal Fruit and bread VE:3.354/802 GT:32 GS:5 HC:117 AZ:21 PROT:34 SAL:1</p>	<p>15 Guarnición judías verdes Napolitan rice Lean pork in sauce with lettuce, carrot & sweetcorn Seasonal Fruit and wholemeal bread VE:2.993/716 GT:16 GS:1 HC:115 AZ:19 PROT:41 SAL:1</p>	<p>16 Guarnición de guisantes Cream of legumes with croutons Hake with tomato sauce with lettuce and soy salad Fruit & Yogurt and bread VE:4.209/1.007 GT:38 GS:6 HC:123 AZ:27 PROT:43 SAL:2</p>	<p>17 Guarnición de guisantes Vegetables soup Baked chicken with lettuce salad with tomato and sweetcorn Seasonal Fruit and wholemeal bread VE:2.178/521 GT:9 GS:2 HC:68 AZ:22 PROT:41 SAL:1</p>	<p>18 Guarnición de verduritas Pasta with tuna bolognese sauce Ham croquettes with lettuce, tomato and carrot salad Fruit and ice cream and bread VE:4.659/1.115 GT:50 GS:6 HC:142 AZ:12 PROT:27 SAL:3</p>
<p>21 Guarnición de calabacín Valencia style boiled vegetables Chicken stew with lettuce, tomato and beetroot salad Seasonal Fruit and bread VE:2.385/571 GT:12 GS:3 HC:81 AZ:25 PROT:38 SAL:1</p>	<p>22 Guarnición de zanahoria Stew with spinach with hard-boiled egg Hotdogs with lettuce & tomatoes Seasonal Fruit and wholemeal bread VE:3.410/816 GT:31 GS:7 HC:97 AZ:22 PROT:38 SAL:3</p>	<p>23 Guarnición de patatas Courgette soup with cheese Haddock in sauce with lettuce salad with tomato and sweetcorn Fruit & Yogurt and bread VE:2.663/637 GT:22 GS:5 HC:81 AZ:28 PROT:38 SAL:2</p>	<p>24 Guarnición panaché verdur "Olleta alicantina" legume stew Ham omelette with lettuce, tomato and carrot salad Seasonal Fruit and wholemeal bread VE:3.111/744 GT:23 GS:3 HC:106 AZ:20 PROT:35 SAL:2</p>	<p>25 Guarnición de verduritas Baked rice Cod fritters with green salad with olives Custard and bread VE:5.319/1.273 GT:62 GS:12 HC:147 AZ:24 PROT:28 SAL:6</p>
<p>28 Guarnición judías verdes Rioja style lentils Spanish omelette with lettuce, tomato and beetroot salad Seasonal Fruit and bread VE:3.217/770 GT:26 GS:6 HC:100 AZ:23 PROT:35 SAL:1</p>	<p>29 Guarnición tomate horno Vegetable paella Baked dab with lettuce and soy salad Seasonal Fruit and wholemeal bread VE:3.245/776 GT:16 GS:2 HC:117 AZ:20 PROT:47 SAL:1</p>	<p>30 Guarnición de pisto Cream of carrot & butternut squash Grilled hamburger with lettuce, ham & cheese Fruit & Yogurt and bread VE:3.061/732 GT:39 GS:11 HC:79 AZ:30 PROT:30 SAL:2</p>	<p>31 Guarnición panaché verdur Napolitan macaroni Andalusian-style hake fillet with lettuce, tomato and olives salad Seasonal Fruit and wholemeal bread VE:3.132/749 GT:26 GS:4 HC:109 AZ:20 PROT:40 SAL:1</p>	