MENÚ MAYO 2025 COLEGIO SANTO DOMINGO SAVIO (Sin lactosa)

ALÉRGENOS (T-TRAZAS): 1- Gluten 2-Leche 3-Huevo 4-Pescado 5- Crustáceos 6- Moluscos 7-Cacahuete 8- soja 9-Frutos secos 10- Apio 11- Mostaza 12- Sésamo 13- Sulfitos 14- Altramuces

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNESFRIDAY
			1	2
Giorgia S.G – Dpto. Nutrición		**El menú diario se servirá con guarnición con ensalada compuesta por distintos ingredientes cada semana** 	**FESTIVO**	**Tallarines integrales con atún1-3t-4** **Hamburguesa mixta con tomate** **Fruta natural y pan blanco e integral 1** *Whole wheat noodles with tuna* *Mixed hamburger with tomato* *Fresh fruit and white and whole wheat bread* *673 Kcal/ 25.8 Gr/ 28.9 Prot/ 76.5 HC*
5	6	7	8	9
Ensalada de arroz con jamón de york, huevo y atún 3-4 **Pollo asado con berenjena** **Fruta natural y pan blanco e integral 1** *Rice salad with cooked ham, egg, and tuna* *Grilled chicken with eggplant* *Fresh fruit and white and whole wheat bread* *671 Kcal/ 28.9 Gr/ 30 Prot/ 78.1 HC*	**Lentejas con verduras 1t** **Tortilla de patata y champiñón 3** **Fruta natural y pan blanco e integral 1** *Lentils with vegetables* *Spanish omelette with potato and mushroom* *Fresh fruit and white and whole wheat bread* *688 Kcal/ 28.6 Gr/ 28.9 Prot/ 82.5 HC*	**Crema parmentier (patata y puerro) con picatostes 1** **Pollo al chilindrón con tomate y pimiento** **Fruta natural y pan blanco e integral 1** *Parmentier cream (potato and leek) with croutons* *Chilindrón-style chicken with tomato and pepper* *Fresh fruit and white and whole wheat bread* *626 Kcal/ 23.6 Gr/ 22.9 Prot/ 56.4 HC*	**Sopa de fideos ecológicos 1-3t** **Pelota Alcantina 1-3** **Fruta natural y pan blanco e integral 1** *Organic noodles soup* *Alicantin ball* *Fresh fruit and white and whole wheat bread* *621 Kcal/ 21.7 Gr/ 21.6 Port/ 83.2 HC*	**Patatas guisadas con atún, cebolla y pimiento 4** **Merluza al horno con salsa y calabacín 4** **Fruta natural y pan blanco e integral 1** *Stewed potatoes with tuna, onion, and pepper* *Backed hake with sauce and zucchini* *Fresh fruit and white and whole wheat bread* *668 Kcal/ 30 Gr/ 28.3 Prot/ 67.6 HC*
12	13	14	15	16
Puré de verduras **Revuelto de huevos y champiñón 3** **Fruta natural y pan blanco e integral 1** *Vegetables puree* *Scrambled eggs with mushroom* *Fresh fruit and white and whole wheat bread* *585 Kcal/ 27 Gr/ 18.3 Prot/ 69.5 HC*	**Arroz tres delicias con guisantes, huevos y jamón de york 3** **Muslitos de pollo en salsa con patata panadera** **Fruta natural y pan blanco e integral 1** *Rice three dlights with peas, egg and ham* *Chicken thighs in sauce with potato* *Fresh fruit and white and whole wheat bread* *748 Kcal/ 22.8 Gr/ 28.9 Prot/ 82.6 HC*	**Sopa de cocido madrileño 3t** **Complemento: garbanzos, pollo, carne, tocino, zanahoria, patata y repollo** **Fruta natural y pan blanco e integral 1** *Madrid-style cocido soup* *Side dish: chickpeas, chicken, meat, bacon, carrot, potato, and cabbage* *Fresh fruit and white and whole wheat bread* *715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC*	**Alubia blanca estofada con verduras** **Filete de lomo en su jugo y patata panadera** **Fruta natural y pan blanco e integral 1** *Stewed white beans with vegetables* *Pork loin filet in it juice with panadera potato* *Fresh fruit and white and whole wheat bread* *660 Kcal/ 28.4 Gr/ 27.3 Prot/ 72 HC*	**FIESTAS DE MOROS Y CRISTIANOS**
19	20	21	22	23
NO LECTIVO	**NO LECTIVO**	**Crema de calabaza, calabacín y puerro con picatostes 1** **Merluza en salsa con patata panadera 4** **Fruta natural y pan blanco e integral 1** *Pumpkin, zucchini, and leek cream with croutons* *Hake in sauce with panadera potato* *Fresh fruit and white and whole wheat bread* *629 Kcal/ 27 Gr/ 25.3 Port/ 58.1 HC*	**Arroz con pollo y verduras** **Tortilla de patata con champiñón 3** **Fruta natural y pan blanco e integral 1** *Rice with chicken and vegetables* *Spanish omelette with mushrooms* *Fresh fruit and white and whole wheat bread* *696 Kcal/ 28.9 Gr/ 20.9 Prot/ 103.5 HC*	**Ensalada de gabranzos, con bacon, jamón de york, zanahoria y guisantes** **Pollo en salsa con berenjena** **Fruta natural y pan blanco e integral 1** *Chickpea salad with bacon, cooked ham, carrot, and peas* *Chicken in sauce with eggplant* *Fresh fruit and white and whole wheat bread* *675 Kcal/ 24.8 Gr/ 29.8 Prot/ 59.1 HC*
26	27	28	29	30
Arroz ecológico con bacon y tomate **Albóndigas mixtas patata, zanahoria y guisantes 8** **Fruta natural y pan blanco e integral 1** *Organic rice with bacon and tomato* *Mixed meatballs with potato, carrot, and peas* *Fresh fruit and white and whole wheat bread* *776 Kcal/ 35.9 Gr/ 26.9 Prot/ 84.5 HC*	**Lentejas con verduritas 1t** **Palometa en salsa con verduras 4** **Fruta natural y pan blanco e integral 1** *Stewed lentils with vegetables* *Pomfret in sauce with vegetables* *Fresh fruit and white and whole wheat bread* *674 Kcal/ 27.9 Gr/ 29.3 Prot/ 63.2 HC*	**Crema de zanahoria, calabacín, calabaza y cebolla** **Chuleta de sajonia con patata al horno** **Fruta natural y pan blanco e integral 1** *Carrot, zucchini, pumpkin, and onion cream* *Saxon-style chop with baked potato* *Fresh fruit and white and whole wheat bread* *612 Kcal/ 29.3 Gr/ 21.5 Prot/ 56.4 HC*	**Espaguetis al ajillo 1** **Muslitos de pollo asados con champiñón** **Fruta natural y pan blanco e integral 1** *Spaghetti with garlic* *Roasted chicken drumsticks with mushroom* *Fresh fruit and white and whole wheat bread* *687 Kcal/ 25.8 Gr/ 28.9 Prot/ 71.6 HC*	**Ensalada de: patata, huevo, atún, zanahoria y aceitunas 3-4** **Salmón al horno con zanahoria, puerro y cebolla 4** **Fruta natural y pan blanco e integral 1** *Salad of potato, egg, tuna, carrot, and olives* *Salmon with carrot, leek, and onion* *Fresh fruit and white and whole wheat bread* *749 Kcal/ 32.1 Gr/ 30.8 Prot/ 78.1 HC*