

# ABRIL 2024 MENÚ COLEGIO SAGRADO CORAZÓN

LUNES/MONDAY	MARTES/TUESDAY	MIERCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
<p><b>1</b></p> <p><b>FESITIVO</b></p> <p>Patatas guisadas con verdura y chorizo <b>2-8</b>                      Salmón a la vizcalina <b>4</b>                      Gelatina y pan <b>1</b></p> <p>Potatoes stewed with vegetables and chorizo sausage                      Salmon Biscayan style                      Gelatine and bread                      614 Kcal/ 22 Gr/ 29.5 Prot/ 70.4 HC</p>	<p><b>2</b></p> <p>Crema de calabaza y calabacín                      Cinta de lomo al horno con ensalada                      Fruta y pan <b>1</b></p> <p>Pumpkin and zucchini cream                      Baked lean with potatoes                      Fruit and bread                      690 Kcal/ 36 Gr/ 25.2 Prot/ 64.5 HC</p>	<p><b>3</b></p> <p>Lentejas ecológicas a la riojana <b>1-2-8</b>                      Tortilla de queso con ensalada <b>2-3</b>                      Fruta y pan <b>1</b></p> <p>Organic lentils Riojana style                      Cheese omelette with salad                      Fruit and bread                      579 Kcal/ 26.1 Gr/ 19.4 Prot/ 64.9 HC</p>	<p><b>4</b></p> <p>Espaguetis con tomate y atún <b>1-4</b>                      Bocadillos de rabas con patatas al horno <b>1-2-3-4-5-6-8-13</b>                      Fruta y pan <b>1</b></p> <p>Spaghetti with tomato sauce and tuna                      Fried squid with potatoes                      Fruit and bread                      687 Kcal/ 28.4 Gr/ 26.8 Prot/ 82.4 HC</p>	<p><b>5</b></p> <p>Sopa de cocido con arroz <b>3</b>                      Complemento de garbanzos, chorizo, ternera y verdura <b>2-8</b>                      Yogurt y pan <b>1-2</b></p> <p>Stew soup with rice                      Complementary stew with chickpeas, chorizo sausage, veal and vegetables                      Yogurt and bread                      775 Kcal/ 38.2 Gr/ 31.6 Prot/ 75.3 HC</p>
<p><b>8</b></p> <p>Patatas guisadas con verdura y chorizo <b>2-8</b>                      Salmón a la vizcalina <b>4</b>                      Gelatina y pan <b>1</b></p> <p>Potatoes stewed with vegetables and chorizo sausage                      Salmon Biscayan style                      Gelatine and bread                      614 Kcal/ 22 Gr/ 29.5 Prot/ 70.4 HC</p>	<p><b>9</b></p> <p>Arroz con tomate y queso rallado <b>2</b>                      Lomo al horno con pimientos fritos                      Fruta y pan <b>1</b></p> <p>Rice with tomato and chesse                      Baked lean with fried peppers                      Fruit and bread                      704 Kcal/ 33.4 Gr/ 23.7 Prot/ 75.4 HC</p>	<p><b>10</b></p> <p>Tallarines integrales al ajillo <b>1</b>                      Merluza en salsa marinera <b>1-4-5-6</b>                      Fruta y pan <b>1</b></p> <p>Brown noodles with garlic                      Hake in seafood sauce                      Fruit and bread                      738 Kcal/ 34.7 Gr/ 21.3 Prot/ 83.1 HC</p>	<p><b>11</b></p> <p>Crema de calabacín y patata                      Pollo al horno con verduras gratinadas <b>2</b>                      Fruta y pan <b>1</b></p> <p>Cream of courgette and potato soup                      Baked chicken with gratin vegetables                      Fruit and bread                      617 Kcal/ 24.3 Gr/ 21.1 Prot/ 76.5 HC</p>	<p><b>12</b></p> <p>Judías blancas estofadas con verduras                      Abadejo con champiñón en salsa <b>1-4</b>                      Yogurt y pan <b>1-2</b></p> <p>White beans stewed with vegetables                      Haddock with mushroom sauce                      Yogurt and bread                      685 Kcal/ 29.5 Gr/ 37.4 Prot/ 66.5 HC</p>
<p><b>15</b></p> <p>Lentejas ecológicas estofadas con patatas, zanahoria y pimiento <b>1</b>                      Salchichas de pavo con ketchup <b>1-2</b>                      Fruta y pan <b>1</b></p> <p>Stewed organic lentils with potatoes, carrots and pepper                      Turkey sausage with ketchup                      Fruit and bread                      687 Kcal/ 26.4 Gr/ 27.9 Prot/ 70.2 HC</p>	<p><b>16</b></p> <p>Paella mixta de magro y verdura                      Gallo meunier con rodaja de tomate <b>1-2-4</b>                      Fruta y pan <b>1</b></p> <p>Mixed paella with lean meat and vegetables                      Rooster meunier with tomato slice                      Fruit and bread                      654 Kcal/ 26 Gr/ 31.9 Prot/ 71.3 HC</p>	<p><b>17</b></p> <p>Puré de verduras (patata, zanahoria, calabacín y puerro)                      Ragout de ternera con cachelos                      Fruta y pan <b>1</b></p> <p>Mashed vegetables (potato, carrot, zucchini and leek)                      Ragout of veal with cachelos (beef with mushrooms)                      Fruit and bread                      625 Kcal/ 23.1 Gr/ 26.4 Prot/ 76.1 HC</p>	<p><b>18</b></p> <p>Espaguetis con salsa de tomate <b>1</b>                      Tortilla francesa de atún con ensalada <b>3-4</b>                      Fruta y pan <b>1</b></p> <p>Spaghetti with tomato sauce                      Tuna omelette with salad                      Fruit and bread                      753 Kcal/ 29.3 Gr/ 15.6 Prot/ 104.7 HC</p>	<p><b>19</b></p> <p>Sopa de cocido <b>3</b>                      Cocido completo con repollo                      Yogurt y pan <b>1-2</b></p> <p>Stew soup                      Stew complements with cabbage                      Yogurt and bread                      775 Kcal/ 38.2 Gr/ 31.6 Prot/ 75.3 HC</p>
<p><b>22</b></p> <p>Menestra de verduras con Judías verdes, guisantes y zanahorias                      Ragout de ternera con zanahoria, guisantes y patata frita                      Gelatina y pan <b>1</b></p> <p>Stewed vegetables (green beans, peas, and carrot)                      Chicken ragout with carrot, peas and corn                      Gelatine and bread                      653 Kcal/ 23.5 Gr/ 32.6 Prot/ 69.3 HC</p>	<p><b>23</b></p> <p>Arroz a la cubana <b>3</b>                      Lacón al horno con cuscús y tomate <b>1</b>                      Fruta y pan <b>1</b></p> <p>Cuban rice                      Baked lacon with couscous and tomatoes                      Fruit and bread                      813 Kcal/ 28.4 Gr/ 26.6 Prot/ 106.4 HC</p>	<p><b>24</b></p> <p>Lentejas ecológicas estofadas c/ chorizo, zanahoria, cebolla y patata <b>1-2-8</b>                      Tortilla de jamón york con rodaja de tomate <b>3</b>                      Fruta y pan <b>1</b></p> <p>Stewed organic lentils w/ chorizo, carrot, onion and potato                      Ham omelette with slice of tomato                      Fruit and bread                      717 Kcal/ 29 Gr/ 24.6 Prot/ 87.6 HC</p>	<p><b>25</b></p> <p>Fideuá de verdura y magro <b>1-3-8-11</b>                      Filete de caballa con ensalada <b>4</b>                      Fruta y pan <b>1</b></p> <p>Vegetable and lean fideua                      Mackerel filet with salad                      Fruit and bread                      672 Kcal/ 26.9 Gr/ 32.4 Prot/ 74.1 HC</p>	<p><b>26</b></p> <p>Crema de verduras                      Jamoncos de pollo asados con patatas fritas                      Yogurt y pan <b>1-2</b></p> <p>Vegetable cream soup                      Roast chicken hams with fries                      Yoghurt and bread                      617 Kcal/ 24.3 Gr/ 21.1 Prot/ 76.5 HC</p>
<p><b>29</b></p> <p>Patatas guisadas a la Toledana con pimientos y chorizo <b>2-8</b>                      Tortilla de queso con ensalada de lechuga y maíz <b>2-3</b>                      Fruta y pan <b>1</b></p> <p>Stewed potatoes Toledana style with pepper and chorizo sausage                      Cheese omelette with lettuce and corn salad                      Fruit and bread                      535 Kcal/ 21.8 Gr/ 13.8 Prot/ 66.8 HC</p>	<p><b>30</b></p> <p><b>DÍA DE GRECIA</b></p> <p>Ensalada griega (Horiatiki) (Tomate, pepino, aceituna negra, pimiento verde, cebolla y queso) <b>2</b>                      Kefehdes con arroz blanco y hierbas aromáticas <b>1-3</b>                      Helado de fresa <b>1-2</b></p> <p>694 Kcal/ 28.7 Gr/ 25.4 Prot/ 95.8 HC</p>			