



lunes monday 03 **martes tuesday 04** **miércoles wednesday 05** **jueves thursday 06** **viernes friday 07** Kcal.893 Hc.97 Lip.37 Prot.38

10 Kcal.856 Hc.119 Lip.37 Prot.17 **11** Kcal.629 Hc.96 Lip.11 Prot.40 **12** Kcal.608 Hc.75 Lip.19 Prot.35 **13** Kcal.694 Hc.107 Lip.19 Prot.28 **14** Kcal.647 Hc.79 Lip.11 Prot.32

- 03**
 - Puré de zanahoria
 - Croquetas con patatas fritas
 - Fruta
- 04**
 - Lentejas ecológicas a la castellana
 - Merluza en salsa verde con guisantes
 - Fruta
- 05**
 - Sopa maravilla
 - Pollo asado con verduras
 - Yogur
- 06**
 - Alubias blancas estofadas
 - Tortilla de calabacín con ensalada
 - Fruta
- 07**
 - Macarrones con tomate
 - Lomo adobado con ensalada
 - Fruta

17 Kcal.773 Hc.113 Lip.24 Prot.30 **18** Kcal.744 Hc.106 Lip.24 Prot.27 **19** Kcal.706 Hc.88 Lip.28 Prot.29 **20** Kcal.728 Hc.101 Lip.17 Prot.46 **21** Kcal.705 Hc.108 Lip.18 Prot.34

- 10**
 - Carrot cream
 - Croquettes with french fries
 - Fruit
- 11**
 - Ecological Lentil stew
 - Hake in green sauce with peas
 - Fruit
- 12**
 - Noodle soup
 - Roast chicken with vegetables
 - Yoghurt
- 13**
 - Bean stew
 - Zucchini omelette with salad
 - Fruit
- 14**
 - Menestra de verduras en puré
 - Jamón asado en salsa con patatas
 - Yogur

24 Kcal.642 Hc.91 Lip.15 Prot.38 **25** Kcal.653 Hc.100 Lip.11 Prot.41 **26** Kcal.738 Hc.102 Lip.30 Prot.19 **27** Kcal.682 Hc.84 Lip.24 Prot.37 **28** Kcal.754 Hc.121 Lip.18 Prot.32

- 17**
 - Caracolillos napolitana
 - Hamburguesa de calamar con mahonesa
 - Yogur
- 18**
 - Garbanzos ecológicos con espinacas
 - Tortilla de patatas con ensalada
 - Fruta
- 19**
 - Patatas a la riojana
 - Merluza a la romana con ensalada
 - Fruta
- 20**
 - Alubias negra con arroz
 - Pavo guisado con verduras
 - Yogur
- 21**
 - Arroz con salchichas
 - Bacalao al horno con piperrada
 - Fruta



ECO

*Nota aclaratoria: Los datos ofrecidos a través de la valoración nutricional son orientativos, tomando como referencia un grupo de edad de 7-12 años.
*Explanatory note: The nutritional information given is approximate based on a reference group of children aged 7-12 years.

COMPLETA CON UN ADECUADO MENU DE CENA

AUSOLAN opta por un menú equilibrado y variado que cubre el 35% de las calorías necesarias a lo largo del día. Los hábitos y las conductas deben de trabajarse en edades muy tempranas, de ahí la importancia del trabajo conjunto de los padres e hijos en el propio ámbito familiar durante la cena.

COMPLETE WITH AN ADEQUATE DINNER MENU

AUSOLAN chooses a balanced and varied menu that covers 35% of the calories needed throughout the day. Habits and behaviours should be worked on at a very early age, therefore the importance of parents and children working together in their own family environment during dinner.

SI HEMOS COMIDO... ...PODEMOS CENAR

Cereales, legumbres	Hortalizas crudas o legumbres cocidas
Verduras	Cereales
Carne	Pescado o huevo
Pescado	Carne o huevo
Huevo	Pescado o carne magra
Fruta	Lácteos o fruta
Lácteos	Fruta

IF WE HAVE EATEN... WE CAN HAVE DINNER

Cereals, legumes	Raw vegetables or cooked legumes
Vegetables	Cereals
Meat	Fish or egg
Fish	Meat or egg
Egg	Fish or lean meat
Fruit	Dairy or fruit
Dairy	Fruit

EQUILIBRA TU PLATO BALANCES YOUR DISH

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ALIMENTAMOS EXPERIENCIAS SALUDABLES

WE NURTURE HEALTHY EXPERIENCES

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33192 Llanera
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15704 Santiago de Compostela
A Coruña
Tel.: 881 97 38 48

lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
01 Kcal.668 Hc.68 Lip.31 Prot.32	02 Kcal.717 Hc.105 Lip.22 Prot.27	03 Kcal.676 Hc.82 Lip.25 Prot.33	04 Kcal.608 Hc.95 Lip.10 Prot.39	05 Kcal.672 Hc.85 Lip.21 Prot.39
<ul style="list-style-type: none"> Sopa minestrone Albóndigas con salsa de tomate Yogur 	<ul style="list-style-type: none"> Alubias pintas estofadas Tortilla de patatas con ensalada Fruta 	<ul style="list-style-type: none"> Puré de verduras Pollo asado al limón con patatinas Fruta 	<ul style="list-style-type: none"> Lentejas ecológicas estofadas Merluza en salsa verde con guisantes Fruta 	<ul style="list-style-type: none"> Marmitaco de pescado Lomo con pimientos Yogur
<ul style="list-style-type: none"> Minestrone soup Meatballs with tomato sauce Yoghurt 	<ul style="list-style-type: none"> Pinto bean stew Spanish omelette with salad Fruit 	<ul style="list-style-type: none"> Creamed vegetables Roasted chicken with lemon with potatoes Fruit 	<ul style="list-style-type: none"> Ecological lentils with vegetables Hake in green sauce with peas Fruit 	<ul style="list-style-type: none"> Fish & potato stew "Riojana" style pork loin with peppers Yoghurt
08 Kcal.844 Hc.126 Lip.30 Prot.21	09 Kcal.697 Hc.97 Lip.20 Prot.35	10 Kcal.636 Hc.83 Lip.17 Prot.41	11 Kcal.694 Hc.107 Lip.19 Prot.28	12
<ul style="list-style-type: none"> Arroz con tomate San jacob con ensalada Yogur 	<ul style="list-style-type: none"> Garbanzos estofados Filete de merluza con pisto Fruta 	<ul style="list-style-type: none"> Crema de calabaza Guisado de ternera igp Cantabria con patatas Yogur 	<ul style="list-style-type: none"> Alubias blancas estofadas Tortilla de calabacín con ensalada Fruta 	FIESTA
<ul style="list-style-type: none"> White with tomato sauce Ham cordon bleu with salad Yoghurt 	<ul style="list-style-type: none"> Chickpea stew Hake with tomato sauce and peppers Fruit 	<ul style="list-style-type: none"> Creamed pumpkin Beef stew with vegetables eusko label Yoghurt 	<ul style="list-style-type: none"> Bean stew Zucchini omelette with salad Fruit 	NOT SCHOOL
15 Kcal.650 Hc.105 Lip.12 Prot.35	16 Kcal.739 Hc.102 Lip.18 Prot.47	17 Kcal.615 Hc.73 Lip.24 Prot.26	18 Kcal.802 Hc.103 Lip.23 Prot.50	19 Kcal.890 Hc.119 Lip.40 Prot.29
<ul style="list-style-type: none"> Patatas en salsa verde Suprema de merluza en salsa marinera con guisantes Fruta 	<ul style="list-style-type: none"> Lentejas a la castellana Pavo guisado con verduras Yogur 	<ul style="list-style-type: none"> Puré de menestra de verduras Filete ruso casero con patatas Fruta 	<ul style="list-style-type: none"> Caracoliillos con chorizo Bacalao en salsa con verduritas Yogur 	<ul style="list-style-type: none"> Cocido lebaniego ecológico Empanadillas de atún con ensalada Fruta
<ul style="list-style-type: none"> Potatoes in green sauce Hake sauce with peas "marinera" Fruit 	<ul style="list-style-type: none"> Lentil stew Turkey stew with vegetables Yoghurt 	<ul style="list-style-type: none"> Creamed vegetables Burger with potatoes Fruit 	<ul style="list-style-type: none"> Macaroni with chorizo sausage Cod in sauce with vegetables Yoghurt 	<ul style="list-style-type: none"> Ecological Chickpea stew Tuna small pie with salad Fruit
22 Kcal.831 Hc.103 Lip.29 Prot.45	23 Kcal.703 Hc.102 Lip.22 Prot.26	24 Kcal.680 Hc.80 Lip.30 Prot.25	25 Kcal.783 Hc.102 Lip.26 Prot.39	26 Kcal.621 Hc.86 Lip.9 Prot.28
<ul style="list-style-type: none"> Arroz alicantina Salmon a la naranja Yogur 	<ul style="list-style-type: none"> Negritos con arroz Tortilla de patatas con ensalada Fruta 	<ul style="list-style-type: none"> Puré de zanahoria Alitas de pollo al ajillo con patatas fritas Yogur 	<ul style="list-style-type: none"> Lentejas ecológicas a la castellana Merluza filete empanado con ensalada Fruta 	<ul style="list-style-type: none"> Sopa ave con maravilla Jamón asado en salsa con verduras Fruta
<ul style="list-style-type: none"> Alicante style rice Salmon orange Yoghurt 	<ul style="list-style-type: none"> Black bean stew with rice Spanish omelette with salad Fruit 	<ul style="list-style-type: none"> Carrot cream Chicken wings with garlic with french fries Yoghurt 	<ul style="list-style-type: none"> Ecological Lentil stew Hake to the roman with salad Fruit 	<ul style="list-style-type: none"> Noodle soup Roasted pork jam in sauce with vegetables Fruit
29	30	31		
FIESTA	FIESTA	FIESTA		
NOT SCHOOL	NOT SCHOOL	NOT SCHOOL		



lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
01	02	03	04	05
FIESTA	FIESTA			
NOT SCHOOL	NOT SCHOOL			
05 Kcal.842 Hc.130 Lip.31 Prot.16	06 Kcal.753 Hc.114 Lip.22 Prot.29	07 Kcal.591 Hc.72 Lip.19 Prot.35	08 Kcal.686 Hc.99 Lip.14 Prot.45	09 Kcal.840 Hc.120 Lip.30 Prot.27
<ul style="list-style-type: none"> Paella de verdura Delicias de pescado con mahonesa Fruta 	<ul style="list-style-type: none"> Lentejas ecológica a la jardinera Tortilla de chorizo con ensalada Fruta 	<ul style="list-style-type: none"> Crema de calabaza Pollo asado con verduras Yogur 	<ul style="list-style-type: none"> Alubias pintas con verdura Palometa con salsa de tomate Fruta 	<ul style="list-style-type: none"> Caracoliillos napolitana San jacob con ensalada Yogur
<ul style="list-style-type: none"> Vegetable paella Fish nuggets with mayonnaise Fruit 	<ul style="list-style-type: none"> Ecological lentils with vegetables Chorizo omelette with salad Fruit 	<ul style="list-style-type: none"> Creamed pumpkin Roast chicken with vegetables Yoghurt 	<ul style="list-style-type: none"> Pinto bean stew Palometta in tomato sauce Fruit 	<ul style="list-style-type: none"> Macaroni napolitana Ham cordon bleu with salad Yoghurt
12 Kcal.721 Hc.93 Lip.23 Prot.39	13 Kcal.705 Hc.89 Lip.18 Prot.50	14 Kcal.742 Hc.96 Lip.28 Prot.31	15 Kcal.746 Hc.101 Lip.26 Prot.30	16 Kcal.679 Hc.90 Lip.20 Prot.37
<ul style="list-style-type: none"> Puré de verduras Ternera igp Cantabria guisada a la jardinera Fruta 	<ul style="list-style-type: none"> Cocido montañés Pechuga de pollo con champiñones Yogur 	<ul style="list-style-type: none"> Patatas con chorizo Merluza filete empanado con ensalada Fruta 	<ul style="list-style-type: none"> Garbanzos estofados Tortilla de patatas con ensalada Yogur 	<ul style="list-style-type: none"> Sopa ave con maravilla Ragout de cerdo con verduras y patatas Fruta
<ul style="list-style-type: none"> Creamed vegetables Beef stew with vegetables eusko label Fruit 	<ul style="list-style-type: none"> Mountain stew Chicken breast with mushrooms Yoghurt 	<ul style="list-style-type: none"> Potatoes with spicy Turkey stew with salad Fruit 	<ul style="list-style-type: none"> Chickpea stew Spanish omelette with salad Yoghurt 	<ul style="list-style-type: none"> Noodle soup Beef stew with vegetables and chips Fruit
19 Kcal.650 Hc.102 Lip.22 Prot.15	20 Kcal.716 Hc.108 Lip.20 Prot.30	21 Kcal.627 Hc.82 Lip.16 Prot.37	22 Kcal.664 Hc.94 Lip.19 Prot.34	23 Kcal.662 Hc.90 Lip.19 Prot.37
<ul style="list-style-type: none"> Arroz con tomate Albóndigas de pescado en salsa de pimiento verde Yogur 	<ul style="list-style-type: none"> Lentejas ecológicas a la castellana Tortilla de calabacín con ensalada Fruta 	<ul style="list-style-type: none"> Menestra de verduras en puré Pavo guisado con verduras Yogur 	<ul style="list-style-type: none"> Negritos con arroz Filete de merluza con pisto Fruta 	<ul style="list-style-type: none"> Marmitaco de pescado Lomo a la riojana Fruta
<ul style="list-style-type: none"> White with tomato sauce Meatballs fish in green sauce Yoghurt 	<ul style="list-style-type: none"> Ecological Lentil stew Zucchini omelette with salad Fruit 	<ul style="list-style-type: none"> Creamed vegetables Turkey stew with vegetables Yoghurt 	<ul style="list-style-type: none"> Black bean stew with rice Hake with tomato sauce and peppers Fruit 	<ul style="list-style-type: none"> Fish & potato stew "Riojana" style pork loin Fruit
26 Kcal.777 Hc.116 Lip.19 Prot.39	27 Kcal.717 Hc.105 Lip.22 Prot.27	28 Kcal.668 Hc.82 Lip.25 Prot.31	29 Kcal.777 Hc.102 Lip.20 Prot.52	30 Kcal.848 Hc.98 Lip.50 Prot.33
<ul style="list-style-type: none"> Macarrones con jamón cocido Suprema de merluza en salsa marinera con guisantes Yogur 	<ul style="list-style-type: none"> Alubias pintas con verdura Tortilla de patatas con ensalada Fruta 	<ul style="list-style-type: none"> Sopa maravilla Albóndigas con patatas Yogur 	<ul style="list-style-type: none"> Garbanzos ecológicos con espinacas Bacalao en salsa con verduritas Fruta 	<ul style="list-style-type: none"> Crema de judías verdes Salchichas frescas al horno con patatas fritas Fruta
<ul style="list-style-type: none"> Macaroni with ham Hake sauce with peas "marinera" Yoghurt 	<ul style="list-style-type: none"> Pinto bean stew Spanish omelette with salad Fruit 	<ul style="list-style-type: none"> Noodle soup Meatballs with potatoes Yoghurt 	<ul style="list-style-type: none"> Ecological chickpeas with spinach Cod in sauce with vegetables Fruit 	<ul style="list-style-type: none"> Creamed green beans Fresh sausages fried with fried potatoes Fruit



lunes monday	martes tuesday	miércoles wednesday	jueves thursday	viernes friday
03 Kcal.875 Hc.130 Lip.31 Prot.21	04 Kcal.607 Hc.95 Lip.10 Prot.38	05 Kcal.676 Hc.82 Lip.25 Prot.33	06	07 Kcal.672 Hc.85 Lip.21 Prot.39
<ul style="list-style-type: none"> Arroz con atún San jacob con ensalada Yogur 	<ul style="list-style-type: none"> Alubias blancas con verdura Merluza en salsa verde con guisantes Fruta 	<ul style="list-style-type: none"> Puré de verduras Pollo asado al limón con patatinas Fruta 	FIESTA	<ul style="list-style-type: none"> Marmitaco de pescado Lomo con pimientos Yogur
<ul style="list-style-type: none"> Rice with tuna Ham cordon bleu with salad Yoghurt 	<ul style="list-style-type: none"> Bean stew Hake in green sauce with peas Fruit 	<ul style="list-style-type: none"> Creamed vegetables Roasted chicken with lemon with potatoes Fruit 	NOT SCHOOL	<ul style="list-style-type: none"> Fish & potato stew "Riojana" style pork loin with peppers Yoghurt
10 Kcal.635 Hc.100 Lip.19 Prot.19	11 Kcal.748 Hc.100 Lip.27 Prot.29	12 Kcal.868 Hc.109 Lip.35 Prot.35	13 Kcal.783 Hc.102 Lip.26 Prot.39	14 Kcal.685 Hc.75 Lip.18 Prot.35
<ul style="list-style-type: none"> Caracoliillos napolitana Albóndigas de pescado en salsa de pimiento verde Fruta 	<ul style="list-style-type: none"> Cocido montañés Tortilla de patatas con ensalada Fruta 	<ul style="list-style-type: none"> Arroz con tomate Filete ruso de ternera en salsa Yogur 	<ul style="list-style-type: none"> Lentejas ecológicas a la castellana Merluza filete empanado con ensalada Fruta 	<ul style="list-style-type: none"> Puré de judías verdes Pechuga de pollo con champiñones Fruta
<ul style="list-style-type: none"> Macaroni napolitana Meatballs fish in green sauce Fruit 	<ul style="list-style-type: none"> Mountain stew Spanish omelette with salad Fruit 	<ul style="list-style-type: none"> White with tomato sauce Beef hamburger in sauce Yoghurt 	<ul style="list-style-type: none"> Ecological Lentil stew Hake to the roman with salad Fruit 	<ul style="list-style-type: none"> Creamed green beans Chicken breast with mushrooms Fruit
17 Kcal.770 Hc.115 Lip.28 Prot.20	18 Kcal.640 Hc.78 Lip.20 Prot.39	19 Kcal.697 Hc.97 Lip.20 Prot.35	20 Kcal.692 Hc.109 Lip.19 Prot.20	21 Kcal.770 Hc.124 Lip.22 Prot.24
<ul style="list-style-type: none"> Patatas a la riojana Croquetas de bacalao con ensalada Fruta 	<ul style="list-style-type: none"> Sopa minestrone Ternera igp Cantabria guisada a la jardinera Yogur 	<ul style="list-style-type: none"> Garbanzos estofados Filete de merluza con pisto Fruta 	<ul style="list-style-type: none"> Macarrones con atún Tortilla de patatas con ensalada Fruta 	<ul style="list-style-type: none"> Arroz con salchichas Pizza Pastelito de chocolate
<ul style="list-style-type: none"> Potatoes with spicy Cod croquettes with salad Fruit 	<ul style="list-style-type: none"> Minestrone soup Beef stew with vegetables eusko label Yoghurt 	<ul style="list-style-type: none"> Chickpea stew Hake with tomato sauce and peppers Fruit 	<ul style="list-style-type: none"> Macaroni with tuna Spanish omelette with salad Fruit 	<ul style="list-style-type: none"> Rice with sausages Pizza Mini chocolate cake
24	25	26	27	28
VACACIONES	VACACIONES	VACACIONES	VACACIONES	VACACIONES
HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
31				
VACACIONES				
HOLIDAYS				

