

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

March
2026

Children shift
Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 </p> <p>Homemade green beans Ecological chicken paella Tangerine White bread</p> <p>Kcal. 517 h.c. 91,0 lip. 7,8 p. 18,8</p>	<p>3 </p> <p>Collard greens with potatoes Veal steak in hunter sauce with mushroom Plain yogurt White bread</p> <p>Kcal. 768 h.c. 56,3 lip. 47,7 p. 26,9</p>	<p>4 </p> <p>Stewed red beans with ecological squash Cod in ajoarriero sauce Lettuce Banana White bread</p> <p>Kcal. 770 h.c. 107,8 lip. 17,7 p. 37,3</p>	<p>5 </p> <p>Ecological broccoli cream Potato omelette Lettuce Organic pear White bread</p> <p>Kcal. 714 h.c. 73,6 lip. 37,1 p. 16,9</p>	<p>6 </p> <p>Macaroni with tomato Baked atlantic pollock in Orio-style with ecological green pepper Lettuce Organic orange White bread</p> <p>Kcal. 741 h.c. 85,5 lip. 29,9 p. 32,4</p>
<p>9 </p> <p>Pumpkin cream Breaded ham and cheese cutlet Lettuce and olives Plain yogurt White bread</p> <p>Kcal. 624 h.c. 65,3 lip. 33,0 p. 14,1</p>	<p>10</p> <p>Stew soup with noodles Pork loin roasted in pepper sauce Banana White bread</p> <p>Kcal. 490 h.c. 66,0 lip. 14,4 p. 26,3</p>	<p>11</p> <p>Plain chickpeas Roast chicken thigh Lettuce Apple White bread</p> <p>Kcal. 678 h.c. 76,9 lip. 22,0 p. 39,2</p>	<p>12</p> <p>Rice with tomato sauce Hake fillet in spinach and coriander sauce Lettuce Tangerine White bread</p> <p>Kcal. 590 h.c. 87,0 lip. 17,2 p. 22,2</p>	<p>13 </p> <p>Porrusalda Lentils with ecological sweet potato Pear White bread</p> <p>Kcal. 642 h.c. 114,1 lip. 6,9 p. 26,2</p>
<p>16 </p> <p>Integral macaroni with tomato sauce Hake in European squid sauce Lettuce Tangerine White bread</p> <p>Kcal. 599 h.c. 83,3 lip. 16,6 p. 26,4</p>	<p>17</p> <p>Swiss chard with potatoes and fried garlic Burger with sauce Banana White bread</p> <p>Kcal. 543 h.c. 78,2 lip. 16,3 p. 21,9</p>	<p>18 </p> <p>Vegetables cream Cuban-style rice Plain yogurt White bread</p> <p>Kcal. 648 h.c. 112,0 lip. 13,3 p. 19,4</p>	<p>Holiday</p>	
<p>23 </p> <p>Garden vegetable stew Meatball with mushrooms sauce Plain yogurt White bread</p> <p>Kcal. 540 h.c. 58,9 lip. 21,8 p. 22,1</p>	<p>24</p> <p>Ecological lentils with leek and carrot Garden style chicken Orange White bread</p> <p>Kcal. 692 h.c. 74,7 lip. 24,9 p. 39,3</p>	<p>25</p> <p>Chickpeas with rice Salmon marmitako Banana White bread</p> <p>Kcal. 782 h.c. 133,5 lip. 11,5 p. 31,6</p>	<p>26</p> <p>Peas with potatoes Homemade cod and green pepper omelette Lettuce Pear White bread</p> <p>Kcal. 601 h.c. 75,7 lip. 21,9 p. 22,7</p>	<p>27</p> <p>Carrot cream Pollock in marinera sauce Lettuce Tangerine White bread</p> <p>Kcal. 449 h.c. 56,2 lip. 13,2 p. 25,7</p>
<p>30</p> <p>Borage with rehash Turkey stew with Apple White bread</p> <p>Kcal. 594 h.c. 70,9 lip. 8,7 p. 57,9</p>	<p>31</p> <p>Stewed red bean with ecological carrot Hake with garlics sauce Lettuce Banana White bread</p> <p>Kcal. 747 h.c. 104,0 lip. 16,6 p. 37,6</p>			

- Holiday
- 100% plant-based
- Special day

Side by side every day
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