

# Ausolan.

























COLEGIO LICEO  
MONJARDIN


Baseline

April  
2026

Children shift  
Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
		1   Integral macaroni with tomato sauce Roast chicken thigh Lettuce Plain yogurt White bread Kcal. 690 h.c. 79,3 lip. 23,6 p. 37,1	2 <b>Holiday</b>	3 <b>Holiday</b>
6 <b>Holiday</b>	7 <b>Holiday</b>	8 <b>Holiday</b>	9 <b>Holiday</b>	10 <b>Holiday</b>
13    Green beans with potato Ecological lentils with leek and carrot Apple White bread Kcal. 675 h.c. 90,4 lip. 21,3 p. 25,1	14    Three delights whole rice Baked atlantic pollock in Orio-style with green pepper Lettuce and corn salad Plain yogurt Whole grain bread Kcal. 879 h.c. 90,9 lip. 40,9 p. 35,7	15  Collard greens with potatoes Pork loin roasted in pepper sauce Banana White bread Kcal. 616 h.c. 71,8 lip. 24,2 p. 28,2	16  Pasta with cheese and oregano sauce Homemade potato and sweet potatoe omelette Lettuce and olives Orange Whole grain bread Kcal. 731 h.c. 86,5 lip. 32,9 p. 21,7	17  Stewed red beans with ecological squash Country style chicken steak with green piper # Lettuce Pear White bread Kcal. 766 h.c. 90,7 lip. 18,7 p. 50,3
20 Rice with vegetables and turmeric Fry tuna Apple White bread Kcal. 622 h.c. 99,3 lip. 15,1 p. 23,1	21  Cauliflower cream Meatball in sauce Lettuce and carrot Orange Whole grain bread Kcal. 587 h.c. 66,3 lip. 25,7 p. 18,9	22   Chicken soup with whole grain ecological noodles Homemade potato omelette Lettuce Banana White bread Kcal. 637 h.c. 77,5 lip. 28,9 p. 16,7	23    Borage with potatoes sealed with raw olive oil Stewed chickpeas with squash Plain yogurt Whole grain bread Kcal. 613 h.c. 89,5 lip. 13,3 p. 28,7	24 Garden vegetable stew Roast chicken thigh Lettuce and olives Pear White bread Kcal. 499 h.c. 53,3 lip. 18,4 p. 29,1
27 Macoroni with tomato sauce Oven-baked blue whiting orio style with green pepper Orange White bread Kcal. 655 h.c. 82,8 lip. 21,6 p. 32,2	28     Porrusalda Lentinls with whole rice Banana Whole grain bread Kcal. 660 h.c. 122,7 lip. 5,5 p. 26,1	29  Sweet potato and carrot cream Pork loin with vegetable sauce Lettuce and corn salad Plain yogurt White bread Kcal. 735 h.c. 75,6 lip. 32,9 p. 32,5	30   White bean pocha-style with green ecological pepper Turkey stew with Lettuce and olives Apple Whole grain bread Kcal. 905 h.c. 103,7 lip. 17,7 p. 73,4	

-  Holiday
-  100% plant-based
-  Special day

Side by side every day  
menuo.ausolan.com