

# Ausolan.

COLEGIO LICEO  
MONJARDIN

Baseline

May  
2026

Children shift  
Lunch



- Holiday
- 100% plant-based
- Special day

Side by side every day  
[menuo.ausolan.com](http://menuo.ausolan.com)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Holiday</b>
<p>4</p> <p>Rice with vegetables and turmeric Pollock with homemade tomato sauce Lettuce and carrot Orange White bread</p> <p>Kcal. 679 h.c. 99,6 lip. 18,9 p. 28,6</p>	<p>5</p> <p> </p> <p>Homemade green beans Plain chickpeas Plain yogurt Whole grain bread</p> <p>Kcal. 616 h.c. 87,8 lip. 13,5 p. 28,7</p>	<p>6</p> <p>Vegetables cream Homemade potato omelette Lettuce and tomato Banana White bread</p> <p>Kcal. 621 h.c. 81,4 lip. 25,1 p. 17,6</p>	<p>7</p> <p> </p> <p>Integral macaroni with tomato sauce Chicken fillet with sauce and carrot Pear Whole grain bread</p> <p>Kcal. 636 h.c. 91,8 lip. 11,2 p. 40,3</p>	<p>8</p> <p></p> <p>Stewed red beans with ecological squash Pork loin in plums sauce Lettuce Apple White bread</p> <p>Kcal. 753 h.c. 89,9 lip. 21,9 p. 40,6</p>
<p>11</p> <p></p> <p>Whole rice with organic zucchini and red pepper Hake in green sauce Cucumber Pear White bread</p> <p>Kcal. 663 h.c. 94,7 lip. 21,1 p. 24,2</p>	<p>12</p> <p> </p> <p>Ecological pumpkin cream Homemade potato and pepper omelette Lettuce and corn salad Banana Whole grain bread</p> <p>Kcal. 545 h.c. 77,7 lip. 19,1 p. 16,0</p>	<p>13</p> <p></p> <p>Mixed salad Lentil stew Orange White bread</p> <p>Kcal. 597 h.c. 78,9 lip. 17,1 p. 28,3</p>	<p>14</p> <p> </p> <p>Carbonara spirals Cod in ajoarriero sauce Plain yogurt Whole grain bread</p> <p>Kcal. 596 h.c. 75,1 lip. 20,2 p. 27,8</p>	<p>15</p> <p>Swiss chard with potatoes and fried garlic Herb-roasted chicken thigh Lettuce and olives Apple White bread</p> <p>Kcal. 557 h.c. 55,9 lip. 25,0 p. 26,9</p>
<p>18</p> <p></p> <p>Integral rice with tomato sauce Baked atlantic pollock in Orio-style with green pepper Lettuce Cantaloupe White bread</p> <p>Kcal. 839 h.c. 97,2 lip. 36,3 p. 31,8</p>	<p>19</p> <p>Stew soup with star pasta Chicken nuggets with ketchup Chips potatoes Ice cream Whole grain bread</p> <p>Kcal. 730 h.c. 57,6 lip. 43,8 p. 27,6</p>	<p>20</p> <p> </p> <p>Garden vegetable stew Chickpeas with carrot and garlic confit Banana White bread</p> <p>Kcal. 667 h.c. 110,0 lip. 10,7 p. 26,8</p>	<p>21</p> <p></p> <p>Broccoli cream of Navarra Homemade cod and green pepper omelette Lettuce and carrot Pear Whole grain bread</p> <p>Kcal. 552 h.c. 74,1 lip. 19,4 p. 19,1</p>	<p>22</p> <p></p> <p>White bean pocha-style with green ecological pepper Chicken thigh in chilindron sauce Lettuce and corn salad Orange White bread</p> <p>Kcal. 759 h.c. 90,4 lip. 20,8 p. 44,3</p>
<p>25</p> <p></p> <p>Integral macaroni with tomato sauce Hamburger 100% beff with mushrooms Pear White bread</p> <p>Kcal. 618 h.c. 89,1 lip. 13,3 p. 33,9</p>	<p>26</p> <p> </p> <p>Borage with potatoes sealed with raw olive oil Homemade potato and chistorra omelette Lettuce Plain yogurt Whole grain bread</p> <p>Kcal. 571 h.c. 58,2 lip. 27,1 p. 22,9</p>	<p>27</p> <p>Rice with vegetables and turmeric Tuna with tomato sauce Lettuce Banana White bread</p> <p>Kcal. 757 h.c. 112,9 lip. 23,8 p. 24,4</p>	<p>28</p> <p> </p> <p>Collard greens with potatoes Organic lentils stew with pepper and carrot Apple Whole grain bread</p> <p>Kcal. 617 h.c. 90,5 lip. 15,9 p. 23,8</p>	<p>29</p> <p>Cauliflower cream Breaded lemongrass Lettuce and olives Cantaloupe White bread</p> <p>Kcal. 728 h.c. 64,0 lip. 39,3 p. 29,3</p>