

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

June
2026

Children shift
Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 🌱</p> <p>Integral macaroni with tomato sauce Pork loin in pumpkin and ginger sauce Lettuce Apple White bread</p> <p>Kcal. 779 h.c. 93,4 lip. 28,9 p. 33,6</p>	<p>2 🍷</p> <p>Homemade green beans Homemade potato and sweet potato omelette Lettuce and corn salad Watermelon Whole grain bread</p> <p>Kcal. 575 h.c. 67,4 lip. 24,7 p. 18,1</p>	<p>3 🌱 🌿 🌱 🌱</p> <p>Squash cream Chickpea with ecological and integral oat Plain yogurt White bread</p> <p>Kcal. 699 h.c. 102,3 lip. 16,1 p. 29,7</p>	<p>4 🍷 🌱</p> <p>Rice with squash and red ecological peppers Pollock in marinera sauce Lettuce and carrot Banana Whole grain bread</p> <p>Kcal. 722 h.c. 113,7 lip. 17,6 p. 28,7</p>	<p>5 🍷</p> <p>White beans with pepper and carrot Chicken fillet with sauce and carrot Orange White bread</p> <p>Kcal. 685 h.c. 88,5 lip. 10,7 p. 50,7</p>
<p>8 🌱 🌱 🌱</p> <p>Chicken soup with whole grain ecological noodles Meatballs in green sauce with peas Plain yogurt White bread</p> <p>Kcal. 485 h.c. 50,9 lip. 21,0 p. 19,6</p>	<p>9 🍷</p> <p>Rice with tomato sauce Hake in European squid sauce Lettuce Melon Whole grain bread</p> <p>Kcal. 603 h.c. 89,7 lip. 17,8 p. 22,4</p>	<p>10 🌱 🌱 🌱</p> <p>Mixed salad Lentils with ecological sweet potato Pear White bread</p> <p>Kcal. 569 h.c. 81,5 lip. 16,0 p. 21,7</p>	<p>11 🍷</p> <p>Vegetables cream Homemade potato omelette Lettuce and tomato Banana Whole grain bread</p> <p>Kcal. 620 h.c. 80,4 lip. 25,5 p. 17,4</p>	<p>12 🍷</p> <p>Leek with potatoes and carrots Cod in ajoarriero sauce Lettuce and olives Watermelon White bread</p> <p>Kcal. 577 h.c. 77,0 lip. 19,1 p. 23,0</p>
<p>15 🌱</p> <p>Ecological carrot cream Homemade potato and pepper omelette Lettuce and corn salad Apple White bread</p> <p>Kcal. 493 h.c. 66,5 lip. 18,2 p. 15,1</p>	<p>16 🍷 🍷</p> <p>Macaroni with tomato Ham and cheese pizza Chips potatoes Ice cream Whole grain bread</p> <p>Kcal. 915 h.c. 138,1 lip. 27,2 p. 28,3</p>	<p>17 🌱 🌱</p> <p>Borage with rehash Chickpeas with carrot and garlic confit Pear White bread</p> <p>Kcal. 592 h.c. 98,1 lip. 9,2 p. 24,8</p>	<p>18 🌱 🍷</p> <p>Three delights whole rice Oven-baked blue whiting orio style with green pepper Lettuce Melon Whole grain bread</p> <p>Kcal. 820 h.c. 96,6 lip. 33,8 p. 32,5</p>	<p>19 🌱</p> <p>Stewed red bean with ecological carrot Roasted chicken thigh with garlic Lettuce and carrot Watermelon White bread</p> <p>Kcal. 709 h.c. 82,6 lip. 18,7 p. 43,5</p>
<p>22</p> <p>Holiday</p>	<p>23</p> <p>Holiday</p>	<p>24</p> <p>Holiday</p>	<p>25</p> <p>Holiday</p>	<p>26</p> <p>Holiday</p>
<p>29</p> <p>Holiday</p>	<p>30</p> <p>Holiday</p>			

- 🟡 Holiday
- 🟢 100% plant-based
- 🟣 Special day

Side by side every day
menuo.ausolan.com