

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

April
2026

Secondary shift
Lunch



- Holiday
- 100% plant-based
- Special day

Todos los menús se sirven con pan

Side by side every day
menuo.ausolan.com

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ● ● Integral macaroni with tomato sauce Mixed salad Roast chicken thigh Lettuce Plain yogurt White bread Kcal. 817 h.c. 94,9 lip. 27,3 p. 44,7	2 Holiday	3 Holiday
6 Holiday	7 Holiday	8 Holiday	9 Holiday	10 Holiday
13 ● ● ● Green beans with potato Mixed salad Ecological lentils with leek and carrot Apple White bread Kcal. 855 h.c. 116,1 lip. 26,7 p. 31,6	14 ● ● ● Three delights whole rice Carrot cream Baked atlantic pollock in Orio-style with green pepper Lettuce and corn salad Plain yogurt Whole grain bread Kcal. 1047 h.c. 108,4 lip. 48,5 p. 43,1	15 Collard greens with potatoes Country salad Pork loin roasted in pepper sauce Banana White bread Kcal. 800 h.c. 96,1 lip. 30,7 p. 36,1	16 ● Pasta with cheese and oregano sauce Russian salad Homemade potato and sweet potato omelette Lettuce and olives Orange Whole grain bread Kcal. 856 h.c. 104,9 lip. 37,1 p. 25,3	17 ● Stewed red beans with ecological squash Escarole with tuna flakes Country style chicken steak with green piper # Lettuce Pear White bread Kcal. 940 h.c. 111,9 lip. 22,5 p. 62,8
20 Rice with vegetables and turmeric Mixed salad Fry tuna Apple White bread Kcal. 760 h.c. 123,3 lip. 18,0 p. 27,8	21 ● Cauliflower cream Noodles with ham Meatball in sauce Lettuce and carrot Orange Whole grain bread Kcal. 702 h.c. 83,1 lip. 29,3 p. 22,5	22 ● ● Chicken soup with whole grain ecological noodles Mixed salad Homemade potato omelette Lettuce Banana White bread Kcal. 763 h.c. 99,6 lip. 32,3 p. 19,7	23 ● ● ● ● Borage with potatoes sealed with raw olive oil Tropical salad Stewed chickpeas with squash Plain yogurt Whole grain bread Kcal. 747 h.c. 110,5 lip. 15,6 p. 34,9	24 Garden vegetable stew Rice with tomato sauce Roast chicken thigh Lettuce and olives Pear White bread Kcal. 615 h.c. 66,7 lip. 22,2 p. 36,2
27 Macaroni with tomato sauce Potatoes au gratin Oven-baked blue whiting orio style with green pepper Orange White bread Kcal. 815 h.c. 103,4 lip. 26,9 p. 39,9	28 ● ● ● ● Porrusalda Salad with potato, tuna, tomato and olives Lentils with whole rice Banana Whole grain bread Kcal. 872 h.c. 163,5 lip. 7,3 p. 33,8	29 ● Sweet potato and carrot cream Cesar salad Pork loin with vegetable sauce Lettuce and corn salad Plain yogurt White bread Kcal. 890 h.c. 92,6 lip. 39,1 p. 39,9	30 ● ● White bean pocha-style with green ecological pepper Pasta cooked with sausage and tomato sauce Turkey stew with Lettuce and olives Apple Whole grain bread Kcal. 1056 h.c. 126,5 lip. 20,2 p. 81,5	