

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

June
2026

Secondary shift

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 🌱 Integral macaroni with tomato sauce Mixed salad Pork loin in pumpkin and ginger sauce Lettuce Apple Kcal. 966 h.c. 117,0 lip. 35,4 p. 42,0	2 🌱 Homemade green beans Roast chicken thigh Homemade potato and sweet potatoe omelette Lettuce and corn salad Watermelon Kcal. 654 h.c. 78,1 lip. 27,4 p. 20,8	3 🌱 🌱 🌱 🌱 Squash cream Salad with potato, tuna, tomato and olives Chickpeak with ecological and integral oat Plain yogurt Kcal. 854 h.c. 126,5 lip. 19,3 p. 36,2	4 🌱 🌱 Rice with squash and red ecological peppers Mixed salad Pollock in marinera sauce Lettuce and carrot Banana Kcal. 894 h.c. 144,5 lip. 21,0 p. 34,9	5 White beans with pepper and carrot Potato purée Chicken fillet with sauce and carrot Orange Kcal. 859 h.c. 111,5 lip. 13,4 p. 63,4
8 🌱 🌱 🌱 Chicken soup with whole grain ecological noodles Cesar salad Meatballs in green sauce with peas Plain yogurt Kcal. 554 h.c. 60,5 lip. 23,3 p. 22,1	9 🌱 Rice with tomato sauce Russian salad Hake in European squid sauce Lettuce Melon Kcal. 707 h.c. 105,1 lip. 20,9 p. 26,5	10 🌱 🌱 🌱 Mixed salad Burger with sauce Lentils with ecological sweet potato Pear Kcal. 691 h.c. 101,4 lip. 18,2 p. 27,0	11 🌱 Vegetables cream Pasta cooked with sausage and tomato sauce Homemade potato omelette Lettuce and tomato Banana Kcal. 744 h.c. 103,0 lip. 28,3 p. 20,5	12 Leek with potatoes and carrots Escarole with tuna flakes Cod in ajoarriero sauce Lettuce and olives Watermelon Kcal. 707 h.c. 96,3 lip. 22,8 p. 27,1
15 🌱 Ecological carrot cream Noodles with surimi Homemade potato and pepper omelette Lettuce and corn salad Apple Kcal. 588 h.c. 83,4 lip. 20,4 p. 17,4	16 🌱 🌱 Macaroni with tomato Mixed salad Ham and cheese pizza Chips potatoes Ice cream Kcal. 1100 h.c. 166,5 lip. 32,4 p. 34,4	17 🌱 🌱 Borage with rehash Tropical salad Chickpeas with carrot and garlic confit Pear Kcal. 740 h.c. 122,9 lip. 11,4 p. 31,0	18 🌱 🌱 Three delights whole rice Mixed salad Over-baked blue whiting orio style with green pepper Lettuce Melon Kcal. 979 h.c. 113,5 lip. 40,9 p. 39,9	19
22 Holiday	23 Holiday	24 Holiday	25 Holiday	26 Holiday
29 Holiday	30 Holiday			



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

Todos los menús se sirven con pan

Side by side every day
menuo.ausolan.com