

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

March
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
<p>2 KmO Ekó KmO</p> <p>Homemade green beans Mixed salad Ecological chicken paella Tangerine White bread</p> <p>Kcal. 631 h.c. 111,0 lip. 9,6 p. 23,1</p>	<p>3 KmO</p> <p>Collard greens with potatoes Mixed salad Veal steak in hunter sauce with mushroom Plain yogurt White bread</p> <p>Kcal. 950 h.c. 69,3 lip. 59,4 p. 32,9</p>	<p>4 Ekó</p> <p>Stewed red beans with ecological squash Macaroni à la carbonara Cod in ajoarriero sauce Lettuce Banana White bread</p> <p>Kcal. 946 h.c. 137,6 lip. 20,4 p. 44,5</p>	<p>5 Ekó KmO</p> <p>Ecological broccoli cream Rice salad Potato omelette Lettuce Organic pear White bread</p> <p>Kcal. 832 h.c. 92,5 lip. 40,6 p. 19,6</p>	<p>6 Ekó</p> <p>Macaroni with tomato Escarole with tuna flakes Baked atlantic pollock in Orío-style with ecological green pepper Lettuce Organic orange White bread</p> <p>Kcal. 891 h.c. 101,5 lip. 36,3 p. 39,8</p>
<p>9 KmO</p> <p>Pumpkin cream Salad with potato, tuna, tomato and olives Breaded ham and cheese cutlet Lettuce and olives Plain yogurt</p> <p>Kcal. 825 h.c. 85,8 lip. 44,3 p. 17,4</p>	<p>10</p> <p>Stew soup with noodles Mixed salad Pork loin roasted in pepper sauce Banana</p> <p>Kcal. 642 h.c. 88,8 lip. 18,5 p. 33,7</p>	<p>11</p> <p>Plain chickpeas Noodles with ham Roast chicken thigh Lettuce Apple</p> <p>Kcal. 849 h.c. 99,2 lip. 26,5 p. 49,1</p>	<p>12</p> <p>Rice with tomato sauce Tropical salad Hake fillet in spinach and coriander sauce Lettuce Tangerine</p> <p>Kcal. 705 h.c. 105,2 lip. 20,2 p. 26,7</p>	<p>13 Ekó KmO KmO</p> <p>Porrusalda Pasta salad Lentils with ecological sweet potato Pear</p> <p>Kcal. 824 h.c. 146,8 lip. 8,8 p. 33,4</p>
<p>16 ☹️</p> <p>Integral macaroni with tomato sauce Mixed salad Hake in European squid sauce Lettuce Tangerine</p> <p>Kcal. 716 h.c. 100,8 lip. 19,4 p. 31,6</p>	<p>17</p> <p>Swiss chard with potatoes and fried garlic Potatoes au gratin Burger with sauce Banana</p> <p>Kcal. 709 h.c. 104,2 lip. 20,9 p. 28,1</p>	<p>18 KmO KmO</p> <p>Vegetables cream Roast chicken thigh Cuban-style rice Plain yogurt</p> <p>Kcal. 771 h.c. 134,8 lip. 15,3 p. 22,6</p>	<p>Holiday</p>	
<p>23 KmO</p> <p>Garden vegetable stew Rice with tomato sauce Meatball with mushrooms sauce Plain yogurt</p> <p>Kcal. 622 h.c. 70,0 lip. 24,4 p. 25,2</p>	<p>24</p> <p>Ecological lentils with leek and carrot Country salad Garden style chicken Orange</p> <p>Kcal. 876 h.c. 96,0 lip. 31,1 p. 49,2</p>	<p>25</p> <p>Chickpeas with rice Russian salad Salmon marmitako Banana</p> <p>Kcal. 1003 h.c. 173,1 lip. 14,7 p. 40,0</p>	<p>26</p> <p>Peas with potatoes Macaroni à la carbonara Homemade cod and green pepper omelette Lettuce Pear</p> <p>Kcal. 703 h.c. 91,3 lip. 24,6 p. 26,2</p>	<p>27</p> <p>Carrot cream Spring salad Pollock in marinera sauce Lettuce Tangerine White bread</p> <p>Kcal. 544 h.c. 69,7 lip. 15,5 p. 30,9</p>
<p>30</p> <p>Borage with rehash Noodles with surimi Turkey stew with Apple White bread</p> <p>Kcal. 687 h.c. 87,5 lip. 9,8 p. 62,9</p>	<p>31</p> <p>Stewed red bean with ecological carrot Mixed salad Hake with garlicks sauce Lettuce Banana White bread</p> <p>Kcal. 930 h.c. 134,0 lip. 19,6 p. 45,9</p>			