

Ausolan.

COLEGIO LICEO
MONJARDIN

Baseline

May
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 Holiday
<p>4</p> <p>Rice with vegetables and turmeric Salad with potato, tuna, tomato and olives Pollock with homemade tomato sauce Lettuce and carrot Orange</p> <p>Kcal. 826 h.c. 123,2 lip. 22,3 p. 34,4</p>	<p>5</p> <p>Homemade green beans Pasta salad Plain chickpeas Plain yogurt</p> <p>Kcal. 750 h.c. 108,4 lip. 15,9 p. 34,9</p>	<p>6</p> <p>Vegetables cream Russian salad Homemade potato omelette Lettuce and tomato Banana</p> <p>Kcal. 746 h.c. 104,3 lip. 27,8 p. 20,7</p>	<p>7</p> <p>Integral macaroni with tomato sauce Mixed salad Chicken fillet with sauce and carrot Pear</p> <p>Kcal. 783 h.c. 112,1 lip. 13,8 p. 50,4</p>	<p>8</p> <p>Stewed red beans with ecological squash Rice with tomato sauce Pork loin in plums sauce Lettuce Apple</p> <p>Kcal. 887 h.c. 112,0 lip. 24,0 p. 46,0</p>
<p>11</p> <p>Whole rice with organic zucchini and red pepper Mixed salad Hake in green sauce Cucumber Pear</p> <p>Kcal. 818 h.c. 116,2 lip. 25,6 p. 31,6</p>	<p>12</p> <p>Ecological pumpkin cream Tropical salad Homemade potato and pepper omelette Lettuce and corn salad Banana</p> <p>Kcal. 668 h.c. 100,7 lip. 21,7 p. 18,9</p>	<p>13</p> <p>Mixed salad Hamburger with tomato sauce Lentil stew Orange</p> <p>Kcal. 730 h.c. 100,8 lip. 19,0 p. 34,8</p>	<p>14</p> <p>Carbonara spirals Spring salad Cod in ajoarriero sauce Plain yogurt</p> <p>Kcal. 689 h.c. 88,7 lip. 22,9 p. 31,4</p>	<p>15</p> <p>Swiss chard with potatoes and fried garlic Potatoes au gratin Herb-roasted chicken thigh Lettuce and olives Apple White bread</p> <p>Kcal. 700 h.c. 72,8 lip. 30,5 p. 33,6</p>
<p>18</p> <p>Integral rice with tomato sauce Spinach with white sauce Baked atlantic pollock in Orío-style with green pepper Lettuce Cantaloupe</p> <p>Kcal. 1002 h.c. 114,2 lip. 43,9 p. 39,0</p>	<p>19</p> <p>Stew soup with star pasta Mixed salad Chicken nuggets with ketchup Chips potatoes Ice cream</p> <p>Kcal. 895 h.c. 69,0 lip. 54,1 p. 34,4</p>	<p>20</p> <p>Garden vegetable stew Salad with potato, tuna, tomato and olives Chickpeas with carrot and garlic confit Banana</p> <p>Kcal. 860 h.c. 143,7 lip. 13,6 p. 34,0</p>	<p>21</p> <p>Broccoli cream of Navarra Escarole with tuna flakes Homemade cod and green pepper omelette Lettuce and carrot Pear</p> <p>Kcal. 644 h.c. 89,2 lip. 21,7 p. 21,8</p>	<p>22</p> <p>White bean pocha-style with green ecological pepper Macaroni with cured ham Chicken thigh in chilindron sauce Lettuce and corn salad Orange</p> <p>Kcal. 940 h.c. 113,7 lip. 25,3 p. 54,5</p>
<p>25</p> <p>Integral macaroni with tomato sauce Country salad Hamburger 100% beef with mushrooms Pear</p> <p>Kcal. 760 h.c. 108,6 lip. 16,5 p. 42,2</p>	<p>26</p> <p>Borage with potatoes sealed with raw olive oil Spaguetti with chesse Homemade potato and chistorra omelette Lettuce Plain yogurt</p> <p>Kcal. 645 h.c. 68,4 lip. 29,7 p. 25,7</p>	<p>27</p> <p>Rice with vegetables and turmeric Mixed salad Tuna with tomato sauce Lettuce Banana</p> <p>Kcal. 935 h.c. 143,6 lip. 28,1 p. 29,8</p>	<p>28</p> <p>Collard greens with potatoes Chicken stewed with lemon Organic lentils stew with pepper and carrot Apple</p> <p>Kcal. 783 h.c. 116,1 lip. 19,9 p. 30,0</p>	<p>29</p> <p>Cauliflower cream Mixed salad Breaded lemongrass Lettuce and olives Cantaloupe</p> <p>Kcal. 884 h.c. 75,9 lip. 48,3 p. 36,2</p>