

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
-----------------	-------------------	------------------------	--------------------	-------------------

<b>2</b> E 518 / G 17 / Col.28 / IPL.17 HC.55 / Fib.38 / P 196 / Sal 3 <b>Puré de la huerta</b> <b>Tortilla de patata con lechuga</b> <b>Yogur natural</b> Vegetable cream Spanish omelette with lettuce Natural yogurt	<b>3</b> E 552 / G 23 / Col.55 / IPL.18 HC.48 / Fib.43 / P 326 / Sal 1 <b>Garbanzos con calabaza</b> <b>Lomo adobado horneado con champiñones</b> <b>Fruta del tiempo</b> Chickpeas with pumpkin Roast marinated loin with mushrooms Fruit	<b>4</b> E 579 / G 33 / Col.92 / IPL.10 HC.58 / Fib.55 / P 62 / Sal 2 <b>Macarrones con tomate</b> <b>Bacalao en salsa verde</b> <b>Fruta del tiempo</b> Pasta with tomato Cod in green sauce Fruit	<b>5</b> E 549 / G 17 / Col.69 / IPL.17 HC.59 / Fib.17 / P 36 / Sal 3 <b>Menestra de verduras</b> <b>Albóndigas mixtas a la campesina</b> <b>Yogur de sabores</b> Mixed vegetables Mixed meatballs in vegetables sauce Yogurt	<b>6</b> E 588 / G 18 / Col.80 / IPL.18 HC.78 / Fib.24 / P 246 / Sal 1 <b>Alubias blancas a la hortelana</b> <b>Merluza en salsa marinera</b> <b>Fruta del tiempo</b> White beans with vegetables Hake in sea style sauce Fruit
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>9</b> E 649 / G 23 / Col.69 / IPL.17 HC.57 / Fib.15 / P 282 / Sal 2 <b>Arroz con verduras</b> <b>Ragout de pavo guisado con verduras</b> <b>Yogur natural</b> Rice with vegetables Stewed turkey with vegetables Natural yogurt	<b>10</b> E 450 / G 8 / Col.45 / IPL.17 HC.70 / Fib.12 / P 21 / Sal 1 <b>Crema de calabacín</b> <b>Tortilla de patata y chorizo con lechuga</b> <b>Fruta del tiempo</b> Zucchini cream Spanish omelette with red sausage and lettuce Fruit	<b>11</b> E 648 / G 21 / Col.159 / IPL.16 HC.97 / Fib.13 / P 62 / Sal 2 <b>Lentejas con zanahoria</b> <b>Merluza a la romana con lechuga</b> <b>Yogur de sabores</b> Lentils with carrots Hake in batter with lettuce Yogurt		
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

<b>16</b> E 515 / G 22 / Col.40 / IPL.22 HC.63 / Fib.27 / P 28 / Sal 3 <b>Judías verdes con sofrito de tomate</b> <b>Tortilla de patata con lechuga</b> <b>Yogur de sabores</b> Green beans with tomato sauce Spanish omelette with lettuce Yogurt	<b>17</b> E 467 / G 13 / Col.69 / IPL.15 HC.60 / Fib.17 / P 46 / Sal 2 <b>Sopa de fideos</b> <b>Filete de jamón de cerdo empanado</b> <b>Fruta del tiempo</b> Noodle soup Breaded pork steak Fruit	<b>18</b> E 549 / G 25 / Col.53 / IPL.11 HC.64 / Fib.42 / P 61 / Sal 1 <b>Alubias pintas guisadas</b> <b>Bacalao a la riojana</b> <b>Fruta del tiempo</b> Stewed pinto beans Cod in Riojana sauce Fruit	<b>19</b> E 588 / G 12 / Col.140 / IPL.13 HC.87 / Fib.11 / P 28 / Sal 3 <b>Espaguetis con pisto</b> <b>Pollo asado al romero</b> <b>Yogur natural</b> Spaghetti with ratatouille Rosemary roast chicken Natural yogurt	<b>20</b> E 640 / G 23 / Col.67 / IPL.16 HC.74 / Fib.12 / P 45 / Sal 2 <b>Garbanzos con verduras</b> <b>Albóndigas de pescado a la jardinera</b> <b>Fruta del tiempo</b> Chickpeas with vegetables Fish meatballs in vegetable sauce Fruit
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>23</b> E 547 / G 17 / Col.33 / IPL.14 HC.67 / Fib.26 / P 46 / Sal 2 <b>Crema de calabaza</b> <b>San jacobos con lechuga</b> <b>Yogur de sabores</b> Pumpkin cream Breaded ham and cheese with lettuce Natural yogurt	<b>24</b> E 555 / G 19 / Col.45 / IPL.13 HC.66 / Fib.42 / P 336 / Sal 1 <b>Lentejas con calabacín</b> <b>Tortilla de patata y chorizo con lechuga</b> <b>Fruta del tiempo</b> Lentils with zucchini Spanish omelette with red sausage and lettuce Fruit	<b>25</b> E 556 / G 26 / Col.83 / IPL.23 HC.65 / Fib.28 / P 274 / Sal 2 <b>Patatas a la riojana</b> <b>Medallón de pescado en salsa americana</b> <b>Fruta del tiempo</b> Rioja style potatoes Fish medallion in American sauce Fruit	<b>26</b> E 617 / G 16 / Col.121 / IPL.14 HC.75 / Fib.5 / P 52 / Sal 1 <b>Alubias blancas guisadas</b> <b>Pechuga de pollo con champiñones</b> <b>Fruta del tiempo</b> White beans stew Chicken breast with mushrooms Fruit	<b>27</b> E 572 / G 25 / Col.186 / IPL.15 HC.71 / Fib.17 / P 242 / Sal 1 <b>Arroz blanco con tomate</b> <b>Merluza en salsa de verduras</b> <b>Yogur natural</b> White rice with tomato Hake in vegetables sauce Natural yogurt
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>30</b> E 506 / G 15 / Col.30 / IPL.18 HC.59 / Fib.27 / P 26 / Sal 3 <b>Menestra de verduras</b> <b>Tortilla de patata con lechuga</b> <b>Yogur natural</b> Mixed vegetables Spanish omelette with lettuce Natural yogurt	<b>31</b> E 558 / G 23 / Col.100 / IPL.12 HC.67 / Fib.9 / P 50 / Sal 1 <b>Cocido completo: garbanzos con sacramentos</b> <b>Fruta del tiempo</b> Stew broth: chickpeas with stew meat Fruit			
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--	--

En el comedor se sirven las cantidades acordadas a la edad de los niños, lo cual modifica la calibración de cada franja de edad ajustándose así a sus necesidades (para rango de edad entre 3 y 8 años corresponden un 80% de la calibración indicada).

El menú incluye agua y pan. Estos menús han sido revisados y aprobados por la Técnico Superior en Dietética, Sonia Cruz. Por causa de fuerza mayor Ausolan se reserva el derecho de hacer cambios en el menú.

The portion served in the dining room adjusts to childrens age ranges according to their needs (ages between 3 and 8 are 80% of the nutrition facts).

The menu includes water and bread. These menus have been checked and approved by professionals in human Nutrition and dietetics (Sonia Cruz). Ausolan may change the menu due to reasons of force majeure.