

Recomendaciones Cena

An **inspired** school



Revisado por: **Alejandra Carrizo**
Responsable de Nutrición Calidad
Colegiada (CODINMA) N° MAD00832

inspired



Wednesday, 1 January

Grilled vegetables and potatoes
Peppers stuffed with cod
Bread, fruit

Thursday, 2 January

Galician style broccoli
Grilled pomfret with potatoes
Bread, fruit

Friday, 3 January

Peas with carrots
Grilled egg
Bread, fruit

Monday, 6 January

Sauteed spinach
Grilled chicken with tomato and cheese
Bread, fruit, yoghurt

Tuesday, 7 January

Tomato salad
Beef wok
Bread, fruit

Wednesday, 8 January

Potato and carrot cream
Salmon in green sauce with peas
Bread, fruit

Thursday, 9 January

Grilled zucchini
Turkey stew
Bread, fruit

Friday, 10 January

Vegetables with curry sauce
Spanish omelette with salad
Bread, fruit

Monday, 13 January

Cauliflower with garlic
Baked pomfret with mashed potato
Bread, fruit, yoghurt

Tuesday, 14 January

Cous-cous salad
Beef burger
Bread, fruit

Wednesday, 15 January

Baked carrot
Chicken sautéed with potatoes
Bread, fruit

Thursday, 16 January

Vegetable cream
French omelette with peas
Bread, fruit

Friday, 17 January

Zucchini and potatoes baked
Sea bass baked
Bread, fruit

Monday, 20 January

Noodle soup
Grilled turkey with spinach
Bread, fruit, yoghurt

Tuesday, 21 January

Broccoli with paprika
Tuna lasagna
Bread, fruit

Wednesday, 22 January

Pasta with tomato
Grilled cuttlefish with green beans
Bread, fruit

Thursday, 23 January

Leek cream
Grilled pork with sweet potato
Bread, fruit

Friday, 24 January

Potatoes with peas
French omelette with spinach
Bread, fruit

Monday, 27 January

Broccoli sautéed
Grilled egg with cherry tomato
Bread, fruit, yoghurt

Tuesday, 28 January

Pepper salad
Rice and turkey wok
Bread, fruit

Wednesday, 29 January

Quinoa with vegetables
Fish finger with salad
Bread, fruit

Thursday, 30 January

Salad with apple
Grilled pork
Bread, fruit

Friday, 31 January

Vegetable soup
Grilled chicken
Bread, fruit

DINNER MENUS JANUARY 25

Dinner Suggestions

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MENU CENAS ENERO 25

lunes, 6 de enero

Espinacas rehogadas
Pollo a la plancha con tomate y queso
Pan/fruta/yogur natural

lunes, 13 de enero

Coliflor al ajillo
Palometa al horno con puré de patata
Pan/fruta/yogur natural

lunes, 20 de enero

Sopa de fideos
Pavo a la plancha con espinacas
Pan/fruta/yogur natural

lunes, 27 de enero

Brócoli rehogado
Huevo plancha con tomates cherry
Pan/fruta/yogur natural

martes, 7 de enero

Ensalada de tomate
Wok de ternera
Pan, fruta

martes, 14 de enero

Ensalada de cous-cous
Hamburguesa de ternera
Pan, fruta

martes, 21 de enero

Brocoli con pimentón
Lasaña de atún
Pan, fruta

martes, 28 de enero

Ensalada de pimiento
wok de pavo y arroz
Pan, fruta

miércoles, 1 de enero

Parrillada de verduras y patata
Pimientos rellenos de bacalao
Pan, fruta

miércoles, 8 de enero

Crema de patata y zanahoria
Salmón en salsa verde con guisantes
Pan, fruta

miércoles, 15 de enero

Zanahoria al horno
Salteado de pollo con patatas
Pan, fruta

miércoles, 22 de enero

Macarrones con tomate
Sepia plancha con judías verdes
Pan, fruta

miércoles, 29 de enero

Quinoa con verduras
Merluza rebozada con ensalada
Pan, fruta

jueves, 2 de enero

Brócoli a la gallega
Palometa en salsa con patata
Pan, fruta

jueves, 9 de enero

Calabacín plancha
Estofado de pavo
Pan, fruta

jueves, 16 de enero

Puré de verdura
Tortilla francesa con guisantes
Pan, fruta

jueves, 23 de enero

Puré de puerro
Cinta de lomo a la plancha con boniato
Pan, fruta

jueves, 30 de enero

Ensalada con manzana
Cinta de lomo a la plancha
Pan, fruta

viernes, 3 de enero

Guisantes con zanahoria
Huevo a la plancha
Pan, fruta

viernes, 10 de enero

Verduras al curry
Tortilla de patata con ensalada
Pan, fruta

viernes, 17 de enero

Calabacín a la plancha con patata
Dorada al horno
Pan, fruta

viernes, 24 de enero

Patatas con guisantes
Tortilla francesa con espinacas
Pan, fruta

viernes, 31 de enero

Sopa de verduras
Pollo a la plancha
Pan, fruta