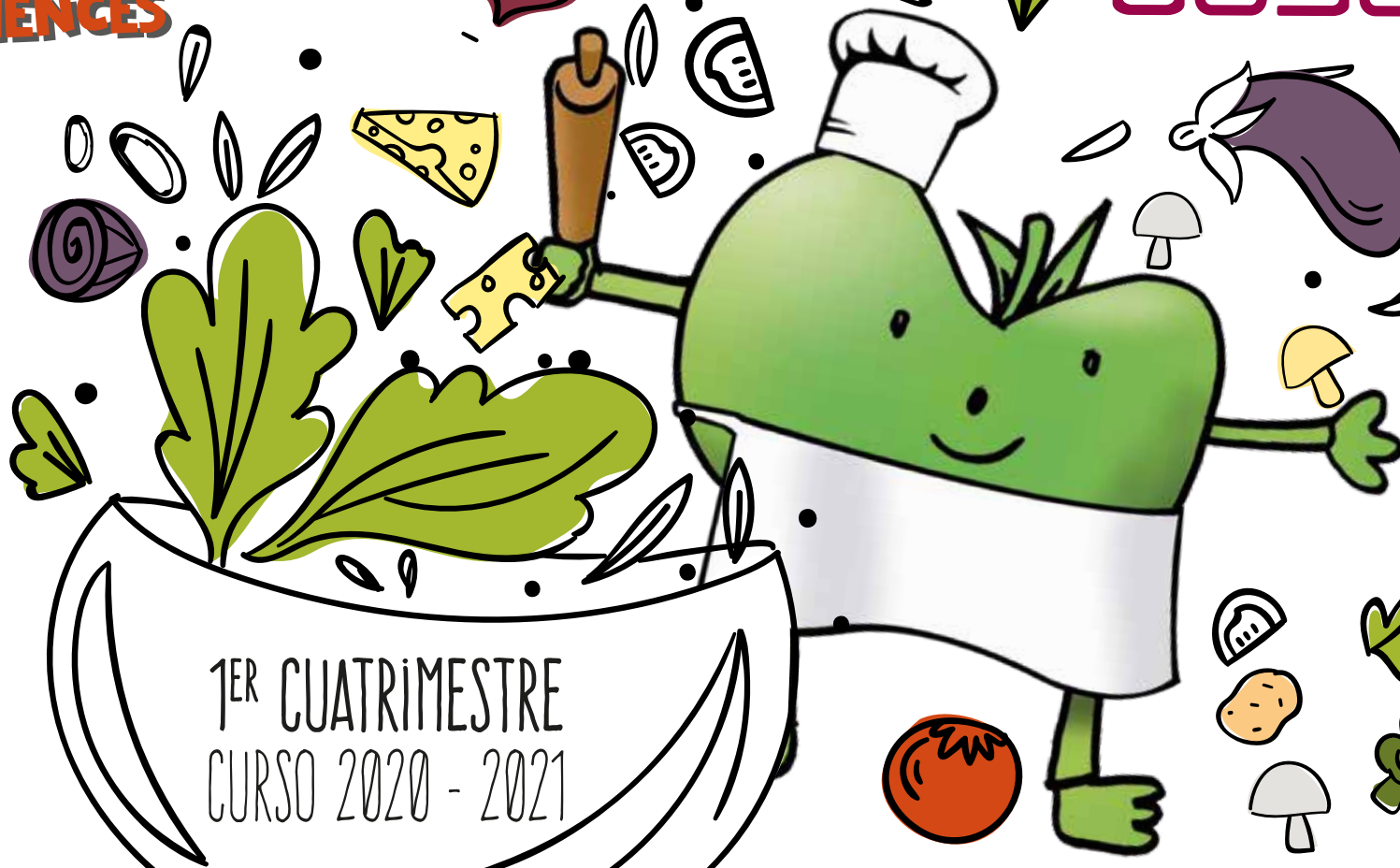


**ALIMENTAMOS EXPERENCIAS
SALUDABLES**
**WE NURTURE HEALTHY
EXPERIENCES**



1ER CUATRIMESTRE
CURSO 2020 - 2021

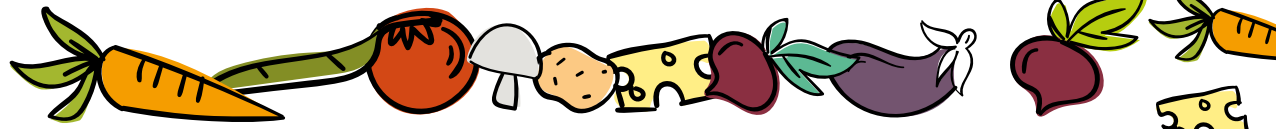
www.ausolan.com



SEPTIEMBRE

lunes

martes



miércoles

jueves

viernes

Bienvenidas de nuevo

7 KCal.679 HC.108 Lip.15 Prt.33

Arroz con verduras
Pechuga de pollo a la plancha con patatas fritas
Fruta de temporada

8 KCal.724 HC.97 Lip.20 Prt.39

Patatas con chorizo
Merluza al horno
Ensalada primavera
Natillas

9 KCal.731 HC.104 Lip.24 Prt.26

Garbanzos ecológicos estofados
Tortilla de patatas con ensalada
Fruta de temporada

10 KCal.718 HC.86 Lip.18 Prt.27

Caracolillos con tomate
Pavo guisado con verduras
Yogur

11 KCal.802 HC.115 Lip.28 Prt.25

Lentejas ecológicas con verdura
Croquetas
Ensalada de lechuga
Fruta de temporada

14 KCal.721 HC.87 Lip.14 Prt.24

Crema de zanahoria
Lomo a la riojana
Patatas asadas
Fruta de temporada

15 KCal.614 HC.94 Lip.14 Prt.28

NO LECTIVO



16 KCal.652 HC.87 Lip.18 Prt.37

Sopa de fideos
Guiso de ternera IGP Cantabria con patatas
Fruta de temporada

17 KCal.723 HC.92 Lip.25 Prt.37

Alubias pintas estofadas
Aletas de pollo al ajillo
Ensalada de lechuga
Yogur

18 KCal.709 HC.108 Lip.17 Prt.35

Macarrones con jamón cocido
Suprema de merluza en salsa marinera con guisantes
Fruta de temporada

21 KCal.678 HC.78 Lip.30 Prt.26

Sopa minestrone
Hamburguesa al horno
Patatas fritas
Actimel

22 KCal.632 HC.87 Lip.18 Prt.34

Marmitaco de pescado
Pollo asado al limón con patatas
Fruta de temporada

23 KCal.757 HC.99 Lip.25 Prt.38

Lentejas ecológicas estofadas
Merluza a la romana
Ensalada lechuga
Fruta de temporada

24 KCal.705 HC.76 Lip.30 Prt.34

Crema de calabacín
Escalope de jamón
Pimientos
Yogur

25 KCal.792 HC.98 Lip.22 Prt.26

Cocido montañés
Tortilla de atún
Ensalada de lechuga
Fruta de temporada

28 KCal.872 HC.128 Lip.31 Prt.21

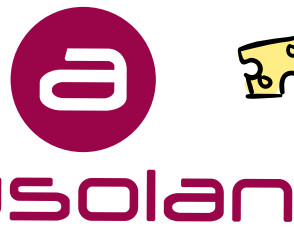
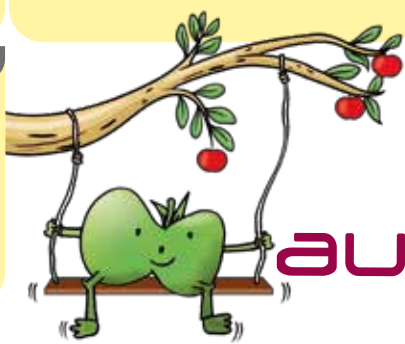
Arroz con tomate
San jacobó
Ensalada primavera
Yogur

29 KCal.693 HC.95 Lip.21 Prt.34

Garbanzos ecológicos estofados
Filete de merluza con pisto
Fruta de temporada

30 KCal.705 HC.93 Lip.21 Prt.36

Crema de calabaza
Pechuga de pollo a la plancha
Patatas fritas
Yogur



SEPTEMBER

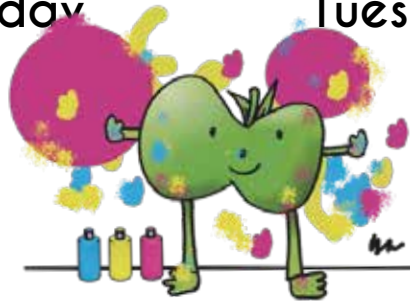
Monday

Tuesday

Wednesday

Thursday

Friday



Welcome back

7 KCal.679 HC.108 Lip.15 Prt.33

Rice with vegetables
Grilled chicken breast with
French fries
Seasonal fruit

8 KCal.724 HC.97 Lip.20 Prt.39

Potatoes with spicy
Baked hake
Salad
Custard

9 KCal.731 HC.104 Lip.24 Prt.26

Ecological chickpea stew
Spanish omelette
Salad
Seasonal fruit

10 KCal.718 HC.86 Lip.18 Prt.27

Pasta with tomato
Turkey stew with
vegetables
Yoghurt

11 KCal.802 HC.115 Lip.28 Prt.25

Lentils with vegetables
Croquettes
Salad
Seasonal fruit

14 KCal.721 HC.87 Lip.14 Prt.24

Carrot cream
"Riojana" style pork loin
Potatoes
Seasonal fruit

15 KCal.614 HC.94 Lip.14 Prt.28

NO LECTIVO



16 KCal.652 HC.87 Lip.18 Prt.37

Noodle soup
Cantabria igp beef stew
with vegetables
Seasonal fruit

17 KCal.723 HC.92 Lip.25 Prt.37

Pinto bean stew
Chicken wings with garlic
Salad
Yoghurt

18 KCal.709 HC.108 Lip.17 Prt.35

Macaroni with ham
Hake in marinara sauce with
vegetables
Seasonal fruit

21 KCal.678 HC.78 Lip.30 Prt.26

Minestrone soup
Grilled burger
With french fries
Yoghurt

22 KCal.632 HC.87 Lip.18 Prt.34

Fish & potato stew
Roasted chicken with lemon
with potatoes
Seasonal fruit

23 KCal.757 HC.99 Lip.25 Prt.38

Ecological lentils with
vegetables
Fried hake
Lettuce
Seasonal fruit

24 KCal.705 HC.76 Lip.30 Prt.34

Cream of zucchini soup
Fried pork fillet
Roasted red pepper
Yoghurt

25 KCal.792 HC.98 Lip.22 Prt.26

Stewed chickpeas
Tuna omelette
Salad
Seasonal fruit

28 KCal.872 HC.128 Lip.31 Prt.21

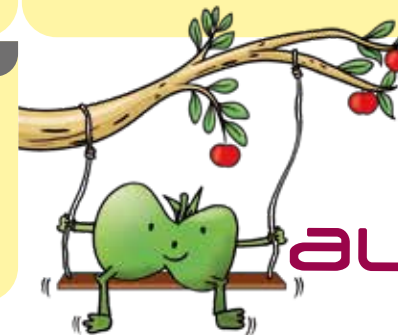
Rice with tomato sauce
Ham cordon bleu
Salad
Yoghurt

29 KCal.693 HC.95 Lip.21 Prt.34

Ecological chickpea stew
Hake with tomato sauce
and peppers
Seasonal fruit

30 KCal.705 HC.93 Lip.21 Prt.36

Cream of pumpkin soup
Grilled chicken breast
French fries
Yoghurt



ausolan

OCTUBRE

lunes



ausolan

martes



miércoles

jueves

viernes

5 KCal.629 HC.73 Lip.23 Prt.34

Sopa de fideos
Lomo de sajonia con pimientos
Fruta de temporada

6 KCal.820 HC.95 Lip.29 Prt.48

Alubias blancas estofadas
Salmon al horno
Patata panadera
Yogur

7 KCal.742 HC.114 Lip.16 Prt.39

Arroz con verduras
Guiso de ternera IGP Cantabria con patatas
Fruta de temporada

8 KCal.710 HC.108 Lip.16 Prt.37

Lentejas con verdura
Pechuga de pollo con champiñones
Fruta de temporada

9 KCal.633 HC.94 Lip.10 Prt.45

Caracolílos con chorizo
Suprema de merluza en salsa marinera con guisantes
Flan de vainilla

12
NO LECTIVO



13 KCal.772 HC.95 Lip.27 Prt.39

Sopa maravilla
Filete de lomo
Patatas fritas
Yogur

14 KCal.790 HC.90 Lip.34 Prt.34

Cocido lebaniego ecológico
Tortilla de calabacín
Ensalada lechuga
Fruta de temporada

15 KCal.859 HC.110 Lip.35 Prt.28

Arroz con salchichas
Delicias de pescado
Ensalada de lechuga
Fruta de temporada

16 KCal.788 HC.103 Lip.23 Prt.45

Alubias pintas estofadas
Pollo asado con verduras
Fruta de temporada

19 KCal.810 HC.120 Lip.27 Prt.25

Caracolílos napolitana
Tortilla de chorizo
Ensalada lechuga
Fruta de temporada

20 KCal.603 HC.72 Lip.19 Prt.35

Crema de calabaza
Pollo asado con verduras y patatas
Yogur

21 KCal.650 HC.91 Lip.18 Prt.35

Lentejas ecológica a la jardinera
Filete de merluza con pisto
Fruta de temporada

22 KCal.766 HC.107 Lip.28 Prt.26

Paella de verdura
Alitas de pollo al ajillo
Ensalada lechuga
Natillas

23 KCal.654 HC.96 Lip.13 Prt.42

Garbanzos estofados
Bacalao al horno con pimientos
Fruta de temporada

29 KCal.733 HC.86 Lip.28 Prt.36

Crema de verduras
Lomo de sajonia con patatas
Fruta de temporada

27 KCal.790 HC.105 Lip.25 Prt.38

Cocido montañés
Hamburguesa de calamar
Ensalada lechuga
Yogur

28 KCal.762 HC.101 Lip.23 Prt.42

Patatas en salsa verde
Ragout de cerdo con verduras
Fruta de temporada

29 KCal.696 HC.98 Lip.17 Prt.40

Lentejas con verdura
Merluza a la gallega con zanahoria
Yogur

30 KCal.634 HC.85 Lip.18 Prt.35

Sopa de fideos
Pechuga de pollo con patatas
Fruta de temporada

OCTOBER

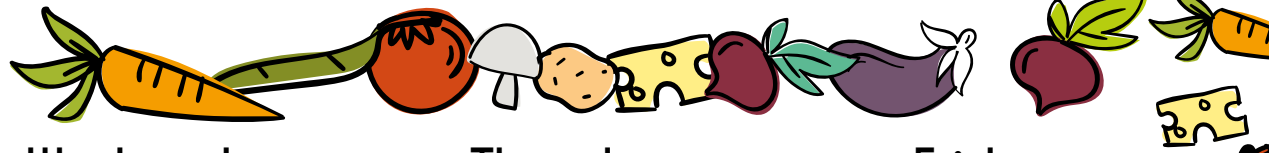
Monday

Tuesday

Wednesday

Thursday

Friday



5 KCal.629 HC.73 Lip.23 Prt.34

Noodle soup
Pork chop with peppers
Seasonal fruit

6 KCal.820 HC.95 Lip.29 Prt.48

Bean stew
Baked salmon with potatoes
Potatoes
Yoghurt

7 KCal.742 HC.114 Lip.16 Prt.39

Rice with vegetables
Cantabria IGP beef stew with vegetables
Seasonal fruit

8 KCal.710 HC.108 Lip.16 Prt.37

Lentils with vegetables
Chicken breast with mushrooms
Seasonal fruit

9 KCal.633 HC.94 Lip.10 Prt.45

Potatoes with spicy
Cod in sauce with vegetables
Seasonal fruit

12 NOT SCHOOL



13 KCal.772 HC.95 Lip.27 Prt.39

Noodle soup
Fried pork fillet
French fries
Yoghurt

14 KCal.790 HC.90 Lip.34 Prt.34

Ecological chickpea stew with
Zucchini omelette
With lettuce
Seasonal fruit

15 KCal.859 HC.110 Lip.35 Prt.28

Rice with sausages
Fish nuggets
Salad
Seasonal fruit

16 KCal.788 HC.103 Lip.23 Prt.45

Pinto bean stew
Roast chicken with vegetables
Seasonal fruit

19 KCal.810 HC.120 Lip.27 Prt.25

Macaroni napolitana
Chorizo omelette
Salad
Seasonal fruit

20 KCal.603 HC.72 Lip.19 Prt.35

Pumpkin puree
Roast chicken with potatoes and vegetables
Yoghurt

21 KCal.650 HC.91 Lip.18 Prt.35

Ecological lentils with vegetables
Hake with tomato sauce and peppers
Seasonal fruit

22 KCal.766 HC.107 Lip.28 Prt.26

Vegetable paella
Chicken wings baked
Salad
Custard

23 KCal.654 HC.96 Lip.13 Prt.42

Chickpea stew
Cod in creamy red roasted pepper sauce
Seasonal fruit

29 KCal.733 HC.86 Lip.28 Prt.36

Creamed vegetables
"Riojana" style pork loin
French fries
Seasonal fruit

27 KCal.790 HC.105 Lip.25 Prt.38

Stewed chickpeas
Squid burger
Salad
Yoghurt

28 KCal.762 HC.101 Lip.23 Prt.42

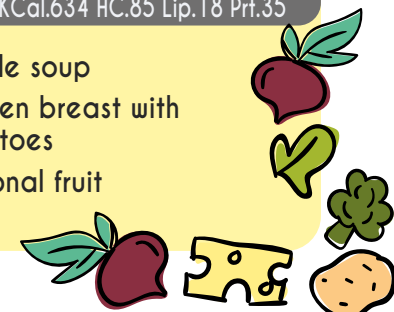
Potatoes in green sauce
Pork stew with vegetables
Seasonal fruit

29 KCal.696 HC.98 Lip.17 Prt.40

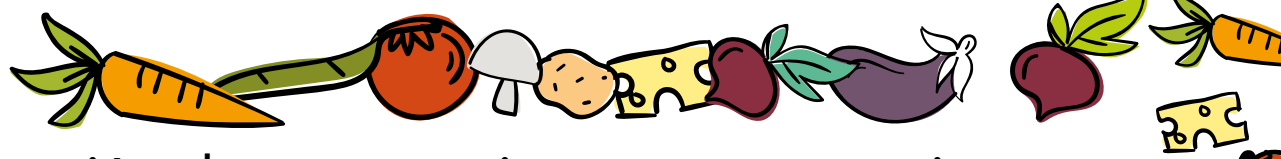
Lentils with vegetables
Hake in paprika sauce and carrot
Yoghurt

30 KCal.634 HC.85 Lip.18 Prt.35

Noodle soup
Chicken breast with potatoes
Seasonal fruit



NOVIEMBRE



lunes

martes

miércoles

jueves

viernes

2

NO LECTIVO



3

NO LECTIVO



4

NO LECTIVO



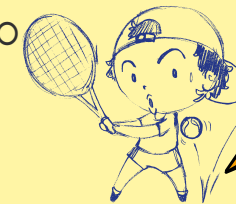
5

NO LECTIVO



6

NO LECTIVO



9

KCal.665 HC.103 Lip.22 Prt.16

Arroz con tomate
Albóndigas de pescado en salsa de pimiento verde
Yogur

10

KCal.733 HC.110 Lip.22 Prt.29

Garbanzos ecológicos estofados
Tortilla de calabacín
Ensalada lechuga
Fruta de temporada

11

KCal.695 HC.86 Lip.17 Prt.24

Marmitaco de pescado
Pollo asado al horno con guisantes
Actimel

12

KCal.883 HC.121 Lip.31 Prt.35

Macarrones con tomate
Filete merluza a la gallega
Ensalada de lechuga
Fruta de temporada

13

KCal.604 HC.93 Lip.17 Prt.23

Alubias negras con arroz
Lomo con pimientos
Fruta de temporada

16

KCal.739 HC.106 Lip.19 Prt.38

Macarrones con jamón cocido
Suprema de merluza en salsa marinera con guisantes
Yogur

17

KCal.688 HC.100 Lip.21 Prt.27

Lentejas ecológicas a la hortelana
Tortilla de patatas
Con ensalada
Fruta de temporada

18

KCal.719 HC.85 Lip.31 Prt.27

Crema de zanahoria
Albóndigas de ternera con verduras y patatas
Fruta de temporada

19

KCal.640 HC.99 Lip.12 Prt.35

Sopa maravilla
Salchichas frescas al horno
Patata frita
Yogur

20

KCal.789 HC.100 Lip.11 Prt.23

Garbanzos estofados
Bacalao al horno con pimientos
Fruta de temporada

23

KCal.852 HC.112 Lip.29 Prt.39

Arroz con verduras
Filete de lomo
Ensalada lechuga
Yogur

24

KCal.626 HC.88 Lip.18 Prt.28

Crema de verduras
Merluza en salsa verde con guisantes
Fruta de temporada

25

KCal.783 HC.94 Lip.27 Prt.41

Cocido montañés
Tortilla de patatas
Ensalada primavera
Flan de vainilla

26

KCal.633 HC.99 Lip.20 Prt.18

Caracolillos napolitana
Albóndigas de pescado en salsa de pimiento verde
Fruta de temporada

27

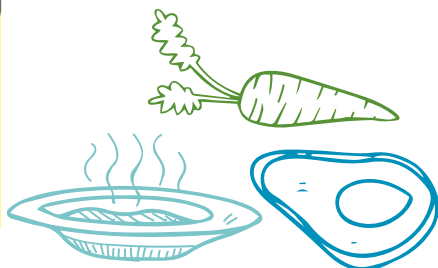
KCal.631 HC.99 Lip.15 Prt.26

Lentejas estofadas
Pollo asado al limón con patatas
Fruta de temporada

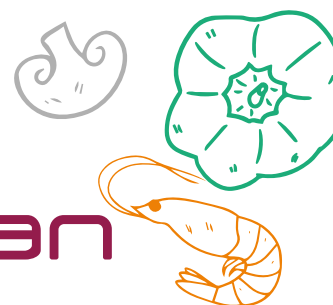
30

KCal.890 HC.102 Lip.39 Prt.33

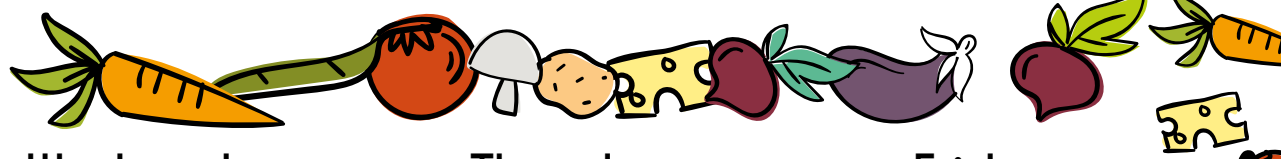
Patatas con costilla
Delicias de pescado
Ensalada primavera
Yogur



ausolan



NOVEMBER



Monday

Tuesday

Wednesday

Thursday

Friday

2 NO LECTIVO

3 NO LECTIVO

4 NO LECTIVO

5 NO LECTIVO

6 NO LECTIVO

9 KCal.665 HC.103 Lip.22 Prt.16

Rice with tomato sauce
Meatballs fish in green sauce
Yoghurt

10 KCal.733 HC.110 Lip.22 Prt.29

Ecological chickpea stew
Zucchini omelette
Lettuce
Seasonal fruit

11 KCal.695 HC.86 Lip.17 Prt.24

Fish & potato stew
Roasted chicken with green peas
Seasonal fruit

12 KCal.883 HC.121 Lip.31 Prt.35

Macaroni with tomato
Hake in paprika sauce with carrot
French fries

13 KCal.604 HC.93 Lip.17 Prt.23

Black bean stew with rice
"Riojana" style pork loin with peppers
Seasonal fruit

16 KCal.739 HC.106 Lip.19 Prt.38

Macaroni with ham
Hake in marinara sauce with vegetables
Yoghurt

17 KCal.688 HC.100 Lip.21 Prt.27

Ecological lentils "hortelana"
Spanish omelette
With lettuce
Seasonal fruit

18 KCal.719 HC.85 Lip.31 Prt.27

Cream of carrot cream
Meatballs with potatoes
Seasonal fruit

19 KCal.640 HC.99 Lip.12 Prt.35

Noodle soup
Fresh sausages with fried potatoes
French fries
Yoghurt

20 KCal.789 HC.100 Lip.11 Prt.23

Chickpea stew
Cod in creamy red roasted pepper sauce
Seasonal fruit

23 KCal.852 HC.112 Lip.29 Prt.39

Rice with vegetables
Fresh breaded pork tenderloin
Salad
Yoghurt

24 KCal.626 HC.88 Lip.18 Prt.28

Creamed vegetables
Hake in green sauce with peas
Seasonal fruit

25 KCal.783 HC.94 Lip.27 Prt.41

Stewed chickpeas
Spanish omelette
Salad
Vanilla flan

26 KCal.633 HC.99 Lip.20 Prt.18

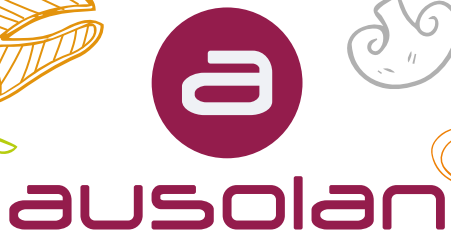
Macaroni napolitana
Meatballs fish in green sauce
Seasonal fruit

27 KCal.631 HC.99 Lip.15 Prt.26

Lentils with vegetables
Lemon roasted chicken
Potatoes
Seasonal fruit

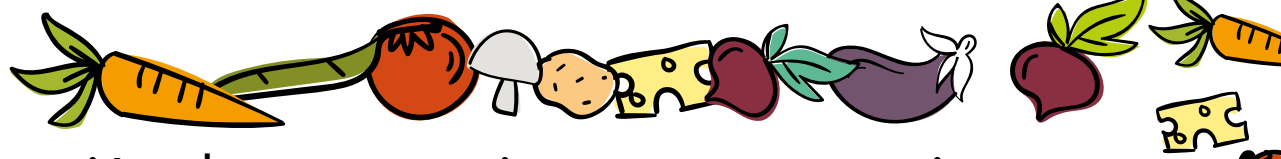
30 KCal.890 HC.102 Lip.39 Prt.33

Stewed potatoes with ribs
Fish nuggets
Salad
Yoghurt



This menu may undergo modifications if necessary to adapt to the special situation in which we find ourselves.

DICIEMBRE



lunes



martes

miércoles

jueves

viernes

1 KCal.730 HC.96 Lip.26 Prt.32

Alubias pintas con verdura
Tortilla de calabacín
Ensalada lechuga
Fruta de temporada

2 KCal.650 HC.101 Lip.21 Prt.17

Arroz con tomate
Hamburguesa al horno con pimientos
Yogur

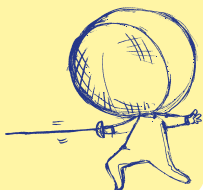
3 KCal.642 HC.89 Lip.20 Prt.28

Crema de calabaza
Merluza a la gallega con zanahoria
Natillas

4 KCal.676 HC.98 Lip.13 Prt.45

Garbanzos ecológicos estofados
Pechuga de pollo con champiñones y patatas
Fruta de temporada

7
NO LECTIVO



8
NO LECTIVO



9 KCal.765 HC.91 Lip.33 Prt.28

Crema de calabacín
Merluza a la romana con Verduritas
Fruta de temporada

10 KCal.690 HC.105 Lip.19 Prt.28

Alubias blancas estofadas
Tortilla de calabacín
Ensalada lechuga
Fruta de temporada

11 KCal.657 HC.90 Lip.25 Prt.21

Patatas con chorizo
Lomo adobado plancha
Champiñones
Yogur

14 KCal.836 HC.102 Lip.33 Prt.33

Lentejas ecológicas a la castellana
Albóndigas de ternera con verduras
Yogur

15 KCal.651 HC.80 Lip.25 Prt.27

Crema de zanahoria
Merluza en salsa verde con guisantes
Fruta de temporada

16 KCal.747 HC.105 Lip.23 Prt.34

Arroz con tomate
Pollo asado con verduras
Fruta de temporada

17 KCal.610 HC.92 Lip.10 Prt.41

Alubias blancas estofadas
Bacalao al horno con pimientos
Fruta de temporada

18 KCal.684 HC.83 Lip.23 Prt.39

Sopa maravilla
Lomo de sajonia con patatas
Yogur

21 KCal.654 HC.84 Lip.22 Prt.33

Crema de verduras
Pechuga de pollo a la plancha
Patatas fritas
Fruta de temporada

22
MENÚ ESPECIAL



ausolan



DECEMBER

Monday



Tuesday

1 KCal.730 HC.96 Lip.26 Prt.32

Pinto bean stew
Zucchini omelette
Lettuce
Seasonal fruit

Wednesday

2 KCal.650 HC.101 Lip.21 Prt.17

Rice with tomato sauce
Burger with roasted red pepper
Yoghurt

Thursday

3 KCal.642 HC.89 Lip.20 Prt.28

Cream of pumpkin soup
Hake in paprika sauce and carrot
Custard

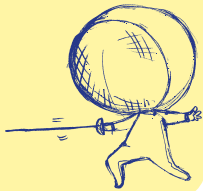
Friday

4 KCal.676 HC.98 Lip.13 Prt.45

Ecological chickpea stew
Chicken breast with sauce and mushrooms
Seasonal fruit

7

NOT SCHOOL



8

NOT SCHOOL



9

KCal.765 HC.91 Lip.33 Prt.28

Cream of zucchini soup
Breaded hake with
Vegetables
Seasonal fruit

10

KCal.690 HC.105 Lip.19 Prt.28

Bean stew
Zucchini omelette
Lettuce
Seasonal fruit

11

KCal.657 HC.90 Lip.25 Prt.21

Stewed potatoes with chorizo
Griddle marinated tenderloin
Mushrooms

14

KCal.836 HC.102 Lip.33 Prt.33

Lentil stew
Meatballs with vegetables
Yoghurt

15

KCal.651 HC.80 Lip.25 Prt.27

Cream of carrot cream
Hake in green sauce with peas
Seasonal fruit

16

KCal.747 HC.105 Lip.23 Prt.34

Rice with tomato sauce
Roast chicken with vegetables
Seasonal fruit

17

KCal.610 HC.92 Lip.10 Prt.41

Bean stew
Cod in creamy red roasted pepper sauce
Seasonal fruit

18

KCal.684 HC.83 Lip.23 Prt.39

Noodle soup
"Riojana" style pork loin
Yoghurt

21

KCal.654 HC.84 Lip.22 Prt.33

Creamed vegetables
Grilled chicken breast
French fries
Seasonal fruit

22

SPECIAL MENU

Completa con un adecuado menu de cena

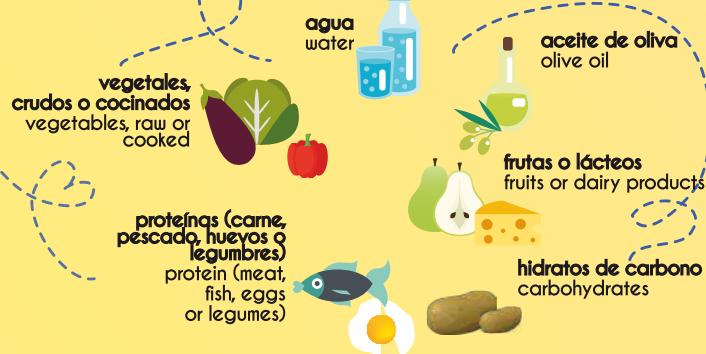
AUSOLAN opta por un menú equilibrado y variado que cubre el 35% de las calorías necesarias a lo largo del día. Los hábitos y las conductas deben de trabajarse en edades muy tempranas, de ahí la importancia del trabajo conjunto de los padres e hijos en el propio ámbito familiar durante la cena.

SI HEMOS COMIDO... ..PODEMOS CENAR

Cereales, legumbres	Hortalizas crudas o legumbres cocidas
Verduras	Cereales
Carne	Pescado o huevo
Pescado	Carne o huevo
Huevo	Pescado o carne magra
Fruta	Lácteos o fruta
Lácteos	Fruta

IF WE HAVE EATEN.... ..WE CAN HAVE DINNER

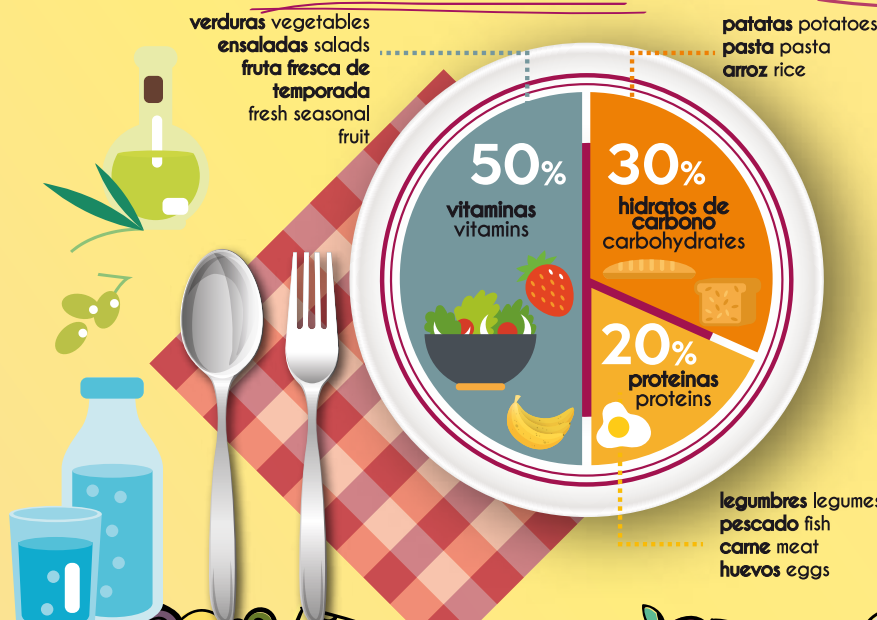
Cereals, legumes	Raw vegetables or cooked legumes
Vegetables	Cereals
Meat	Fish or egg
Fish	Meat or egg
Egg	Fish or lean meat
Fruit	Dairy or fruit
Dairy	Fruit



Complete with an adequate dinner menu

AUSOLAN chooses a balanced and varied menu that covers 35% of the calories needed throughout the day. Habits and behaviours should be worked on at a very early age, therefore the importance of parents and children working together in their own family environment during dinner.

EQUILIBRA TU PLATO



BALANCES YOUR DISH

ALIMENTOS QUE DEBEMOS CONSUMIR A DIARIO FOODS WE SHOULD EAT EVERY DAY

- CEREALES CEREALS (4-6 ra.)
- LÁCTEOS DAIRY (2-4 ra.)
- FRUTA FRUIT (3 ra.)
- VERDURAS VEGETABLES (2 ra.)
- ACEITE OLIVE OIL (3 ra.)
- AGUA WATER (2-4 vasos/glasses)

ALIMENTOS QUE DEBEMOS CONSUMIR A LA SEMANA FOOD WE SHOULD CONSUME EACH WEEK

- LEGUMBRES LEGUMES (4-6 ra.)
- FRUTOS SECOS NUTS (4-6 ra.)
- HUEVOS EGGS (3-4 ra.)
- PESCADO FISH (3-4 ra.)
- CARNE MEAT (3-4 ra.)