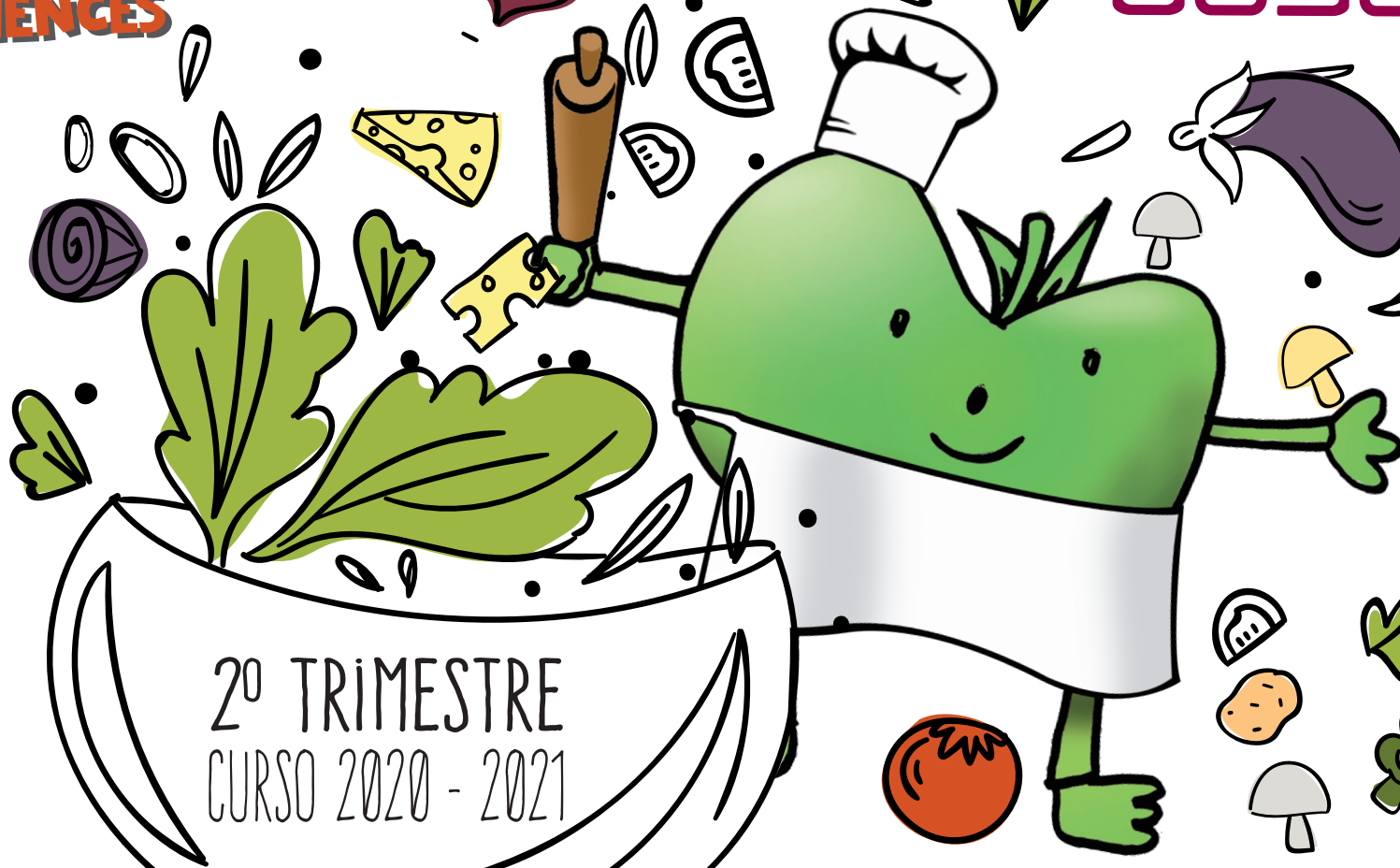
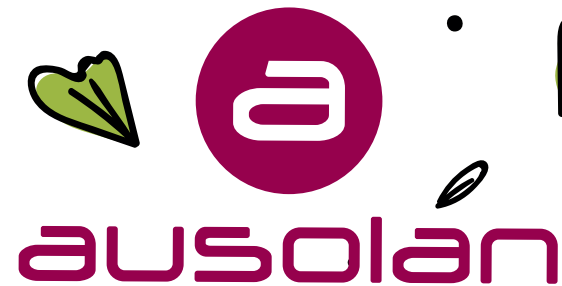


**ALIMENTAMOS EXPERIENCIAS  
SALUDABLES**  
**WE NURTURE HEALTHY  
EXPERIENCES**



2º TRIMESTRE  
CURSO 2020 - 2021

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ISO 9001  
BUREAU VERITAS  
Certification



# ENERO

lunes

martes

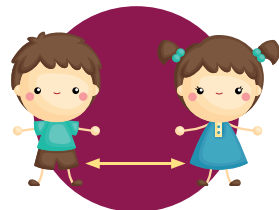
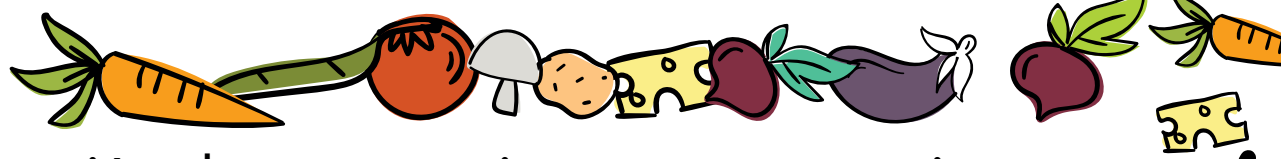
miércoles

jueves

viernes



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Evita el contacto cercano



Evita tocarte la cara



Quédate en casa



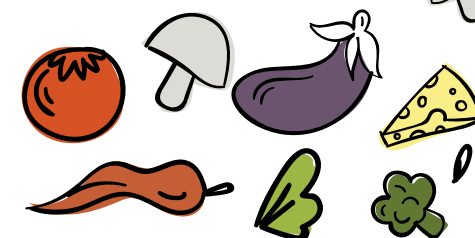
Lava las manos a menudo



Usa siempre la mascarilla



Come comida sana



**11** Kcal.748 HC.112 Lip.31 Prt.33

Arroz con tomate  
Albondigas con verduritas  
Yogur

**12** Kcal.668 HC.97 Lip.26 Prt.33

Lentejas ecologicas con chorizo  
Tortilla francesa  
Ensalada primavera  
Fruta de temporada

**13** Kcal.751 HC.104 Lip.22 Prt.40

Patatas con costilla  
Bacalao con judias verdes  
Fruta de temporada

**14** Kcal.701 HC.77 Lip.27 Prt.36

Pure de verduras  
Pollo asado al limón con patatinas  
Yogur

**15** Kcal.735 HC.89 Lip.25 Prt.38

Cocido montañes  
Filete de merluza con pisto  
Fruta de temporada

**18** Kcal.806 HC.121 Lip.27 Prt.22

Macarrones con atun  
Tortilla de chorizo  
Ensalada andaluza  
Fruta de temporada

**19** Kcal.684 HC.82 Lip.12 Prt.24

Judias verdes rehogadas  
Hamburguesa de calamar con pimientos  
Yogur

**20** Kcal.731 HC.94 Lip.11 Prt.23

Garbanos ecologicos con espinacas  
Salchichas al horno  
Patatas fritas  
Fruta de temporada

**21** Kcal.656 HC.88 Lip.19 Prt.34

Sopa de fideos  
Pavo guisado con verduras  
Actimel

**22** Kcal.785 HC.97 Lip.37 Prt.46

Lentejas estofadas  
Merluza a la romana  
Ensalada primavera  
Fruta de temporada

**25** Kcal.650 HC.81 Lip.30 Prt.17

Pure de zanahoria  
Lomo adobado plancha  
Patatas fritas  
Yogur

**26** Kcal.730 HC.99 Lip.40 Prt.55

Alubias pintas estofadas  
Salmon al horno  
Ensalada primavera  
Fruta de temporada

**27** Kcal.708 HC.104 Lip.22 Prt.27

Arroz con verduras  
Hamburguesa con salsa de tomate  
Fruta de temporada

**28** Kcal.671 HC.90 Lip.23 Prt.29

Lentejas ecologica a la jardinera  
Tortilla francesa con atun  
Ensalada andaluza  
Yogur

**29** Kcal.752 HC.98 Lip.28 Prt.30

Patatas en salsa verde  
Alitas de pollo al ajillo  
Brocoli con refrito  
Fruta de temporada



# JANUARY

Monday

Tuesday

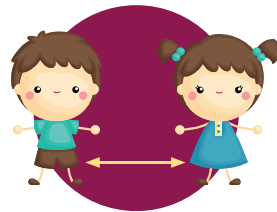
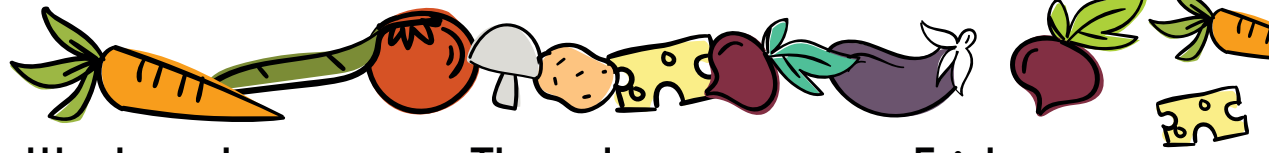
Wednesday

Thursday

Friday



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Avoid close contact



Avoid touching your face



Stay at home



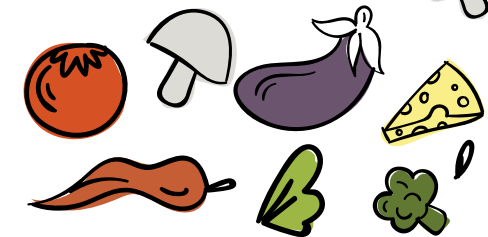
Wash your hands frequently



Always wear a mask



Eat healthy food



**11** Kcal.748 HC.112 Lip.31 Prt.33  
Rice with tomato sauce  
Meatballs with vegetables  
Yogurt

**12** Kcal.668 HC.97 Lip.26 Prt.33  
Ecological lentil stew  
French omelette  
Salad  
Seasonal fruit

**13** Kcal.751 HC.104 Lip.22 Prt.40  
Pork ribs stew  
Cod in green with green beans  
Seasonal fruit

**14** Kcal.701 HC.77 Lip.27 Prt.36  
Cream of vegetables soup  
Roasted lemon chicken with potatoes  
Yogurt

**15** Kcal.735 HC.89 Lip.25 Prt.38  
Chickpea stew  
Hake with tomato sauce and red peppers  
Seasonal fruit

**18** Kcal.806 HC.121 Lip.27 Prt.22  
Macaroni with tuna  
"Chorizo" omelette  
Salad  
Seasonal fruit

**19** Kcal.684 HC.82 Lip.12 Prt.24  
Green bean stew  
Squid burger with peppers  
Yogurt

**20** Kcal.731 HC.94 Lip.11 Prt.23  
Ecological chickpea with spinach stew  
Sausages & french fries  
Seasonal fruit

**21** Kcal.656 HC.88 Lip.19 Prt.34  
Noodle soup  
Turkey stew with vegetables  
Actimel

**22** Kcal.785 HC.97 Lip.37 Prt.46  
Lentil with vegetables  
Fried hake  
Salad  
Seasonal fruit

**25** Kcal.650 HC.81 Lip.30 Prt.17  
Cream of carrot soup  
Griddle marinated tenderloin  
French fries  
Yogurt

**26** Kcal.730 HC.99 Lip.40 Prt.55  
Pinto bean stew  
Baked salmon  
Salad  
Seasonal fruit

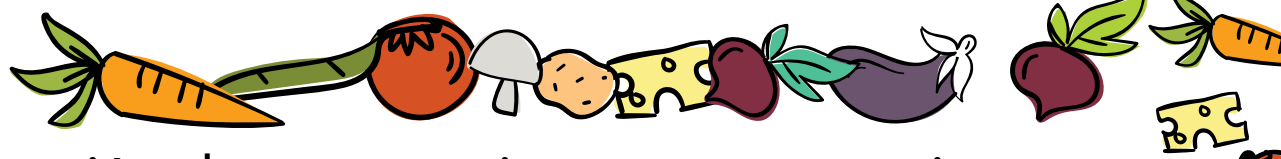
**27** Kcal.708 HC.104 Lip.22 Prt.27  
Rice with vegetables  
Burger with tomato sauce  
Seasonal fruit

**28** Kcal.671 HC.90 Lip.23 Prt.29  
Ecological lentils with vegetables  
Tuna omelette  
Salad  
Yogurt

**29** Kcal.752 HC.98 Lip.28 Prt.30  
Potatoes with green pea  
Chicken wings with garlic sauce  
Broccoli with rehash  
Seasonal fruit



# FEBRERO



**lunes**

**martes**

**miércoles**

**jueves**

**viernes**

**1** Kcal.772 HC.114 Lip.22 Prt.32

Macarrones con jamón cocido  
Merluza a la gallega con zanahoria baby  
Fruta de temporada

**2** Kcal.673 HC.85 Lip.20 Prt.41

Pure de calabaza  
Ternera guisada con verduras  
Yogur

**3** Kcal.807 HC.123 Lip.52 Prt.58

Cocido lebaniego  
Empadillas de atún  
Ensalada primavera  
Fruta de temporada

**4** Kcal.624 HC.78 Lip.12 Prt.38

Sopa maravilla  
Pechuga de pollo con champiñones  
Yogur

**5** Kcal.695 HC.106 Lip.20 Prt.28

Alubias blancas estofadas  
Tortilla de calabacín  
Ensalada andaluza  
Fruta de temporada

**8** Kcal.810 HC.113 Lip.29 Prt.29

Arroz con tomate  
Albóndigas a la jardinera  
Fruta de temporada

**9** Kcal.741 HC.105 Lip.37 Prt.48

Lentejas con zanahoria  
Filete de merluza rebozada  
Ensalada primavera  
Fruta de temporada

**10** Kcal.619 HC.77 Lip.19 Prt.36

Pure de verduras  
Pollo asado con champiñones  
Yogur

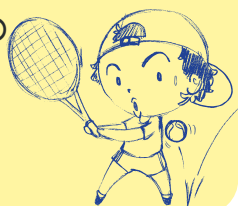
**11** Kcal.669 HC.89 Lip.22 Prt.16

Patatas a la riojana  
Tortilla francesa  
Calabacín orly  
Fruta de temporada

**12** Kcal.684 HC.94 Lip.15 Prt.45

Garbanzos ecológicos estofados  
Bacalao al horno con salsa de pimientos  
Yogur

**15**  
NO LECTIVO



**16**  
NO LECTIVO



**17**  
NO LECTIVO



**18** Kcal.742 HC.84 Lip.39 Prt.29

Pure de calabacín  
Hamburguesa a la plancha  
Patatas fritas  
Yogur

**19** Kcal.791 HC.131 Lip.21 Prt.47

Caracolílos con tomate  
Centros de merluza con salsa de calabacín  
Fruta de temporada

**22** Kcal.689 HC.86 Lip.23 Prt.37

Sopa de fideos  
Ragout de cerdo con verduras y patatas  
Yogur

**23** Kcal.748 HC.106 Lip.34 Prt.31

Garbanzos estofados  
Tortilla de patatas  
Calabacín orly  
Fruta de temporada

**24** Kcal.709 HC.101 Lip.29 Prt.15

Pure de calabaza  
Delicias de pescado  
Ensalada andaluza  
Fruta de temporada

**25** Kcal.727 HC.103 Lip.21 Prt.34

Arroz tres delicias  
Pollo asado al limón  
Pimientos  
Fruta de temporada

**26** Kcal.865 HC.108 Lip.35 Prt.50

Lentejas ecológicas a la jardinera  
Salmon a la naranja  
Patata asada  
Natillas

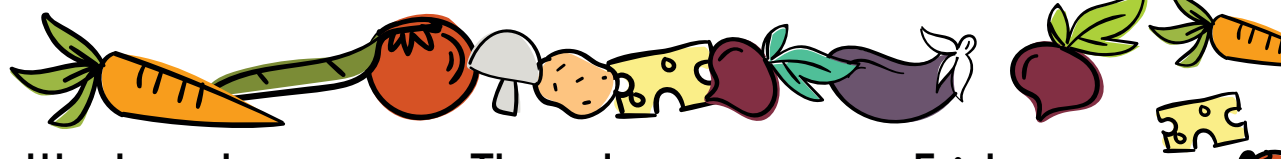


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Este menú podrá sufrir modificaciones en caso necesario para adecuarse a la especial situación en la que nos encontramos.



# FEBRUARY



## Monday

**1** Kcal.772 HC.114 Lip.22 Prt.32

Macaroni with ham  
Hake in paprika sauce and carrot  
Seasonal fruit

## Tuesday

**2** Kcal.673 HC.85 Lip.20 Prt.41

Creamy of pumpkin soup  
Stewed beef with vegetables  
Yogurt

## Wednesday

**3** Kcal.807 HC.123 Lip.52 Prt.38

Chickpea stew  
Tuna small pie  
Salad  
Seasonal fruit

## Thursday

**4** Kcal.624 HC.78 Lip.12 Prt.38

Noodle soup  
Chicken breast with mushrooms  
Yogurt

## Friday

**5** Kcal.695 HC.106 Lip.20 Prt.28

Bean stew  
Zucchini omelette  
Salad  
Seasonal fruit

**8** Kcal.810 HC.113 Lip.29 Prt.29

Rice with tomato sauce  
Meatballs with vegetables  
Seasonal fruit

**9** Kcal.741 HC.105 Lip.37 Prt.48

Lentils with vegetables  
Fried hake  
Salad  
Seasonal fruit

**10** Kcal.619 HC.77 Lip.19 Prt.36

Cream of vegetables soup  
Lemon chicken with mushrooms and oregano  
Yogurt

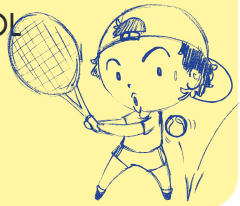
**11** Kcal.669 HC.89 Lip.22 Prt.16

Spicy potato stew  
French omelette  
Baked breaded zucchini  
Seasonal fruit

**12** Kcal.684 HC.94 Lip.15 Prt.45

Ecological chickpea stew  
Baked cod with red pepper sauce  
Yogurt

**15** NOT SCHOOL



**16** NOT SCHOOL



**17** NOT SCHOOL



**18** Kcal.742 HC.84 Lip.39 Prt.29

Creamed zucchini soup  
Grilled burger  
French fries  
Yogurt

**19** Kcal.791 HC.131 Lip.21 Prt.47

Pasta with tomato  
Hake with zucchini sauce  
Seasonal fruit

**22** Kcal.689 HC.86 Lip.23 Prt.37

Noodle soup  
Pork stew  
Seasonal fruit

**23** Kcal.748 HC.106 Lip.34 Prt.31

Chickpea stew  
Spanish omelette  
Baked breaded zucchini  
Yogurt

**24** Kcal.709 HC.101 Lip.29 Prt.15

Creamy of pumpkin soup  
Fish nuggets  
Salad  
Seasonal fruit

**25** Kcal.727 HC.103 Lip.21 Prt.34

Chinese style rice  
Roasted lemon chicken with peppers  
Seasonal fruit

**26** Kcal.865 HC.108 Lip.35 Prt.50

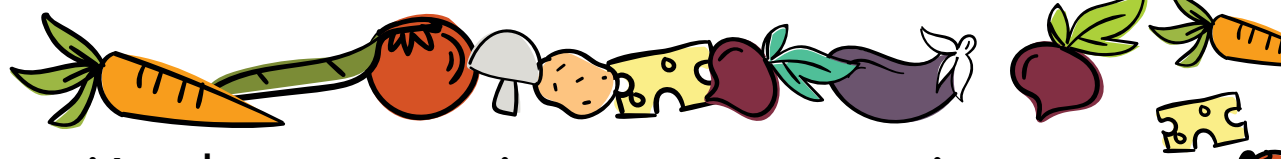
Ecological lentil stew  
Baked salmon  
Potatoes  
Custard



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

# MARZO



## lunes

**1** Kcal.776 HC.110 Lip.30 Prt.23

Macarrones con atún  
Tortilla francesa  
Ensalada primavera  
Fruta de temporada

## martes

**2** Kcal.701 HC.87 Lip.18 Prt.18

Marmitaco  
Lomo con pimientos  
Yogur

## miércoles

**3** Kcal.710 HC.108 Lip.28 Prt.47

Fabas pintas estofadas  
Bacalao con judias verdes  
Fruta de temporada

## jueves

**4** Kcal.682 HC.88 Lip.24 Prt.36

Pure de zanahoria  
Pavo estofado con patatitas  
Yogur

## viernes

**5** Kcal.718 HC.97 Lip.15 Prt.40

Garbanzos con chorizo  
Merluza en salsa marinera con guisantes  
Fruta de temporada

**8** Kcal.614 HC.75 Lip.20 Prt.34

Sopa maravilla  
Lomo de sajonia con pimiento  
Ensalada andaluza  
Yogur

**9** Kcal.731 HC.94 Lip.32 Prt.46

Lentejas estofadas  
Salmon a la naranja con judias y patatas  
Fruta de temporada

**10** Kcal.804 HC.109 Lip.32 Prt.21

Crema de verduras  
Librito de jamon y queso  
Patatas fritas  
Fruta de temporada

**11** Kcal.703 HC.103 Lip.16 Prt.36

Alubias pintas estofadas  
Tortilla de patatas  
Ensalada variada  
Fruta de temporada

**12** Kcal.760 HC.115 Lip.32 Prt.27

Arroz alicantina  
Merluza a la gallega  
Zanahoria baby  
Yogur

**15** Kcal.760 HC.115 Lip.32 Prt.27

Pure de calabacin  
Pechuga de pollo con champiñones  
Fruta de temporada

**16** Kcal.643 HC.82 Lip.21 Prt.35

Lentejas con verdura  
Merluza a la romana  
Ensalada primavera  
Yogur

**17**

JORNADA GASTRONÓMICA

**18** Kcal.1121 HC.169 Lip.38 Prt.32

Patatas en salsa verde  
Lomo con pimientos  
Yogur

**19** Kcal.600 HC.92 Lip.18 Prt.18

Cocido de garbanzos con compango  
Tortilla francesa  
Ensalada andaluza  
Fruta de temporada

**22** Kcal.720 HC.107 Lip.16 Prt.29

Arroz con tomate  
Suprema de merluza en salsa marinera con guisantes  
Fruta de temporada

**23** Kcal.710 HC.84 Lip.33 Prt.31

Crema de zanahoria  
Albóndigas jardinera con patatas  
Yogur

**24** Kcal.697 HC.96 Lip.23 Prt.31

Alubias blancas estofadas  
Tortilla de atún  
Ensalada primavera  
Fruta de temporada

**25** Kcal.635 HC.68 Lip.19 Prt.35

Judias verdes rehogadas  
Pollo asado con verduras  
Actimel

**26** Kcal.624 HC.92 Lip.10 Prt.42

Lentejas estofadas  
Bacalao al horno con pimientos  
Fruta de temporada

**29** Kcal.771 HC.112 Lip.18 Prt.37

Macarrones con tomate  
Pavo guisado con verduras  
Fruta de temporada


**30** Kcal.812 HC.128 Lip.46 Prt.38

Garbanzos con zanahoria  
Delicias de pescado  
Ensalada primavera  
Fruta de temporada

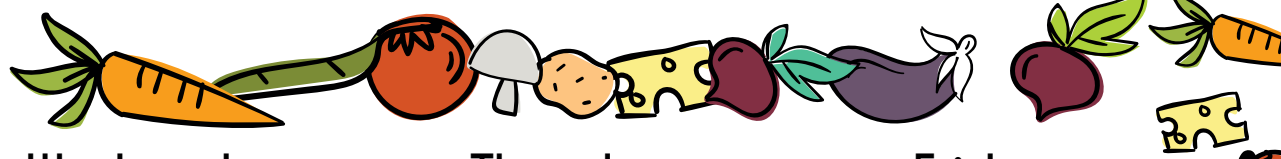
**31** Kcal.645 HC.87 Lip.24 Prt.20

Patatas a la riojana  
Tortilla francesa  
Calabacin orly  
Yogur



  
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# MARCH



## Monday

**1** Kcal.776 HC.110 Lip.30 Prt.23

Macaroni with tuna  
French omelette  
Salad  
Seasonal fruit

## Tuesday

**2** Kcal.701 HC.87 Lip.18 Prt.18

Fish & potato stew  
"Riojana" style pork loin  
Yogurt

## Wednesday

**3** Kcal.710 HC.108 Lip.28 Prt.47

Pinto bean stew  
Cod with green beans  
sauce  
Seasonal fruit

## Thursday

**4** Kcal.682 HC.88 Lip.24 Prt.36

Cream of carrot soup  
Turkey stew  
Yogurt

## Friday

**5** Kcal.718 HC.97 Lip.15 Prt.40

Chickpea and "chorizo"  
stew  
Hake sauce with pea sauce  
Seasonal fruit

**8** Kcal.614 HC.75 Lip.20 Prt.34

Noodle soup  
Pork chop with peppers  
Seasonal fruit

**9** Kcal.731 HC.94 Lip.32 Prt.46

Lentil stew  
Salmon with green beans  
and potatoes  
Seasonal fruit

**10** Kcal.804 HC.109 Lip.32 Prt.21

Cream of vegetables soup  
Ham cordon bleu  
French fries  
Yogurt

**11** Kcal.703 HC.103 Lip.16 Prt.36

Pinto bean stew  
Spanish omelette  
Salad  
Seasonal fruit

**12** Kcal.760 HC.115 Lip.32 Prt.27

Alicante style rice  
Hake in paprika sauce and  
carrot  
Yogurt

**15** Kcal.760 HC.115 Lip.32 Prt.27

Creamed of zucchini soup  
Chicken breast with  
mushrooms  
Seasonal fruit

**16** Kcal.643 HC.82 Lip.21 Prt.35

Lentil stew  
Fried hake  
Salad  
Yogurt

**17** Kcal.688 HC.95 Lip.39 Prt.50

GASTRONOMIC  
JOURNEY

**18** Kcal.1121 HC.169 Lip.38 Prt.32

Potatoes with green pea  
"Riojana" style pork loin  
Yogurt

**19** Kcal.600 HC.92 Lip.18 Prt.18

Chickpea and "chorizo" stew  
French omelette  
Salad  
Seasonal fruit

**22** Kcal.720 HC.107 Lip.16 Prt.29

Rice with tomato sauce  
Hake sauce with pea sauce  
Seasonal fruit

**23** Kcal.710 HC.84 Lip.33 Prt.31

Cream of carrot soup  
Meatballs with potatoes  
and vegetables  
Yogurt

**24** Kcal.697 HC.96 Lip.23 Prt.31

Bean stew  
Tuna omelette  
Salad  
Seasonal fruit

**25** Kcal.635 HC.68 Lip.19 Prt.35

Green bean stew  
Roast chicken with  
vegetables  
Yogurt

**26** Kcal.624 HC.92 Lip.10 Prt.42

Lentil stew  
Baked cod with red  
pepper sauce  
Seasonal fruit

**29** Kcal.771 HC.112 Lip.18 Prt.37

Napolitana macarroni  
Turkey stew with  
vegetables  
Seasonal fruit


**30** Kcal.812 HC.128 Lip.46 Prt.38

Chickpea stew  
Fish nuggets  
Salad  
Seasonal fruit

**31** Kcal.645 HC.87 Lip.24 Prt.20

Spicy potato stew  
French omelette  
Baked breaded zucchini  
Yogurt



  
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## ES TIEMPO DE CUIDARSE ALIMENTA TUS DEFENSAS

### ¡¡¡¡LAS VITAMINAS A, C y D TE AYUDAN!!!!

La alimentación saludable, descansar bien, evitar el estrés y hacer ejercicio físico son clave para fortalecer nuestras defensas.

Todo suma en la lucha contra el COVID-19 y está en nuestras manos mantener nuestro organismo bien fuerte.

**La vitamina A** tiene efecto **antioxidante**, contribuye a la formación y mantenimiento de la **piel** y las **mucosas** la encontramos en **carnes, pescados, huevos y productos lácteos**. La mejora de las mucosas contribuye a tener un mejor sistema inmune. Los carotenos presentes en las **frutas de color naranja y amarillo** y en la mayoría de **verduras de hoja verde** también se transforman en vitamina A dentro de nuestro organismo.

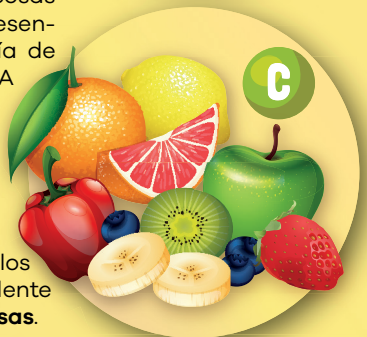
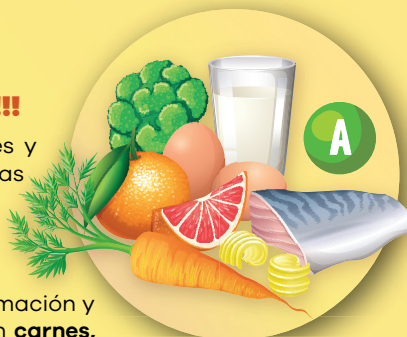
**La vitamina C** también tiene efecto **antioxidante**. La podemos encontrar en cítricos (**naranjas, mandarina, pomelo, limón**), pero también a las **fresas, papaya, berros, pimiento, kiwi, perejil, col, coliflor o coles de Bruselas**.

**La vitamina D** es esencial para la formación de los **huesos**, para los **dientes** y para que el cuerpo pueda **absorber el calcio** procedente de los alimentos que comemos. Además, **activa nuestras defensas**.

Hay 2 fuentes principales para obtener Vitamina D:

**Tomar el sol** unos minutos diariamente. El cuerpo fabrica vitamina D cuando exponemos nuestra piel al sol, aunque siempre se debe hacer prudentemente y de manera moderada, recomendamos 10 minutos al día.

Consumir alimentos ricos en esta vitamina, como por ejemplo los pescados grasos como el **salmón, la caballa y la sardina** o la **leche, los quesos o la yema de huevo**.



## IT'S TIME TO TAKE CARE OF YOURSELF AND FORTIFY YOUR DEFENCES. VITAMINS A, C and D WILL HELP YOU!!!!

Healthy eating, good rest, avoiding stress and physical exercise are (the) key(s) to strengthening our defenses.

Everything adds up in the fight against COVID-19 and it is in our hands to keep our bodies strong.

**Vitamin A** has an **antioxidant** effect, it contributes to the formation and maintenance of the **skin** and **mucous** membranes. It is found in **meat, fish, eggs and dairy products**. The improvement of the mucous membranes contributes to a better immune system. The carotenes present in **orange and yellow fruits** and in most **green leafy vegetables** are also transformed into vitamin A within our body.

**Vitamin C** also has an **antioxidant** effect. We can find it in citrus fruits (**oranges, tangerines, grapefruit, lemon**), but also in **strawberries, papaya, watercress, bell pepper, kiwi, parsley, cabbage, cauliflower or Brussels sprouts**.

**Vitamin D** is essential for the formation of **bones**, for teeth and for the body to **absorb calcium** from the food we eat. In addition, it **activates our defenses**.

There are 2 main sources for getting Vitamin D:

**Sunbathe** for a few minutes daily. The body makes vitamin D when we expose our skin to the sun, although it should always be done wisely and in a moderate way, we recommend 10 minutes a day.

Eat foods rich in this vitamin, such as fatty fish such as **salmon, mackerel and sardines**, or **milk, cheeses or egg yolk**.