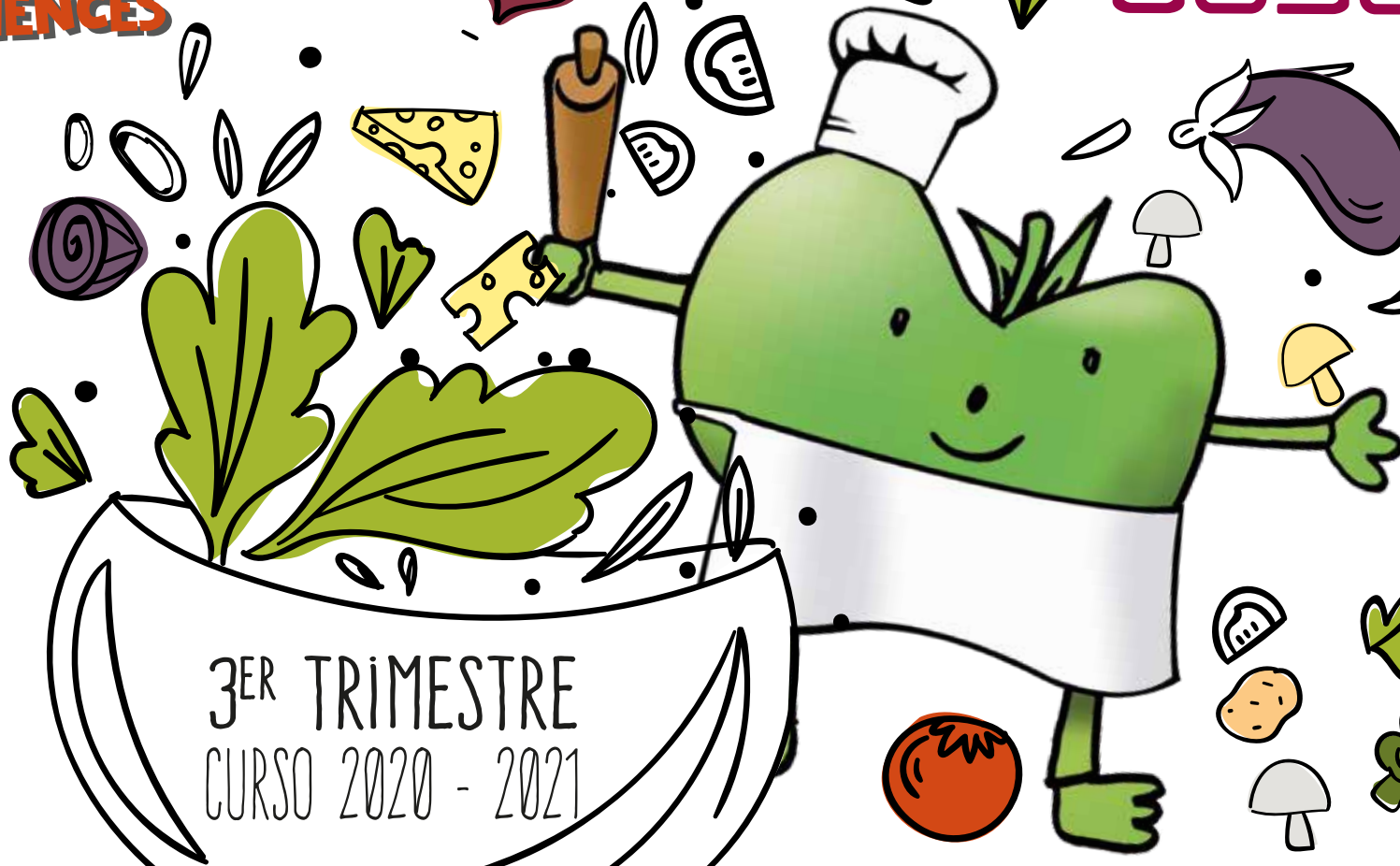
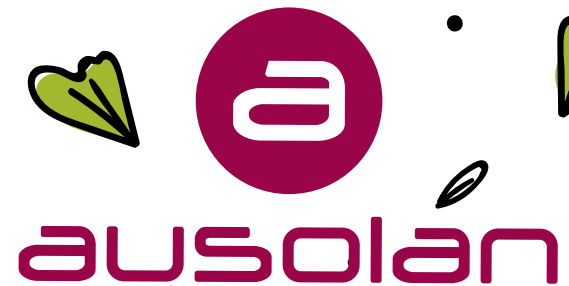


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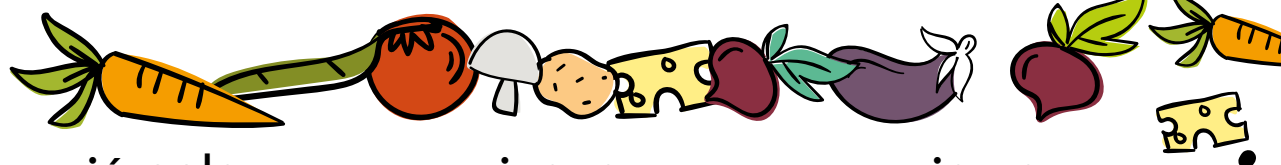
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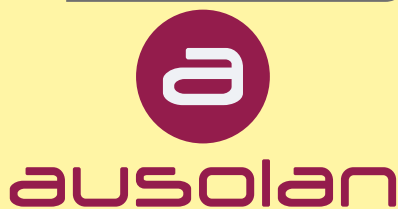
ABRIL



lunes



martes



miércoles



jueves



viernes



5 NO LECTIVO



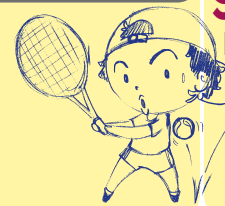
6 NO LECTIVO



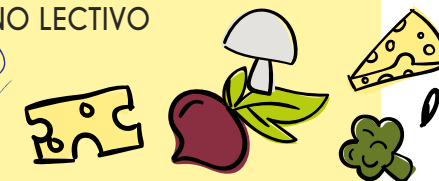
7 NO LECTIVO



8 NO LECTIVO



9 NO LECTIVO



12 KCal.830 HC.110 Lip.25 Prt.42

Macarrones con atún
Estofado de cerdo con
verduras
Fruta de temporada

13 KCal.720 HC.85 Lip.28 Prt.32

Garbanzos con verdura
Merluza a la romana
Ensalada primavera
Yogur

14 KCal.664 HC.85 Lip.23 Prt.29

Crema de calabaza
Albóndigas a la jardinera
Fruta de temporada

15 KCal.784 HC.91 Lip.20 Prt.60

Negritos con arroz
Filete de cabra en salsa
con judía verde
Actimel

16 KCal.711 HC.101 Lip.23 Prt.26

Menestra de verduras
Tortilla de patatas
Ensalada andaluza
Fruta de temporada

19 KCal.788 HC.104 Lip.25 Prt.37

Arroz con tomate
Filete de sajonia a la
plancha
Ensalada variada
Yogur

20 KCal.704 HC.95 Lip.17 Prt.43

Lentejas estofadas
Bacalao en salsa con
verduras
Fruta de temporada

21 KCal.654 HC.93 Lip.21 Prt.23

Patatas en salsa verde
Tortilla francesa
Brócoli con refrito
Yogur

22 KCal.796 HC.99 Lip.20 Prt.54

Cocido montañés
Centros de merluza con
salsa de calabacín
Fruta de temporada

23 KCal.633 HC.76 Lip.21 Prt.36

Sopa de verdura
Ragout de ternera con
verduras
Fruta de temporada

26 KCal.739 HC.83 Lip.28 Prt.38

Ensalada tropical
Pollo asado con verduras
Patatas fritas
Fruta de temporada

27 KCal.602 HC.77 Lip.25 Prt.16

Crema de zanahoria
Filete de cerdo con
pimientos asados
Patatas dado
Yogur

28 KCal.810 HC.94 Lip.32 Prt.36

Garbanzos con chorizo
Bacalada a la romana
Ensalada primavera
Fruta de temporada

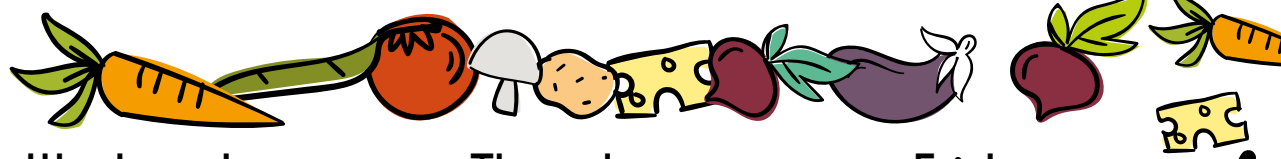
29 KCal.822 HC.110 Lip.27 Prt.34

Macarrones con atún
Hamburguesa al horno con
verduras
Yogur

30 NO LECTIVO



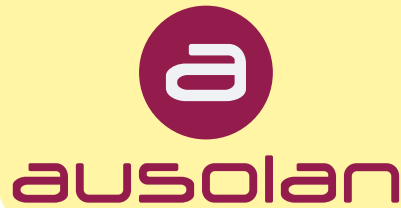
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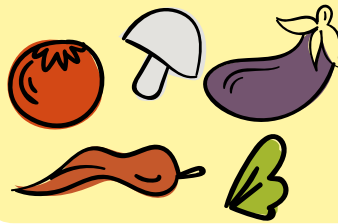
Monday



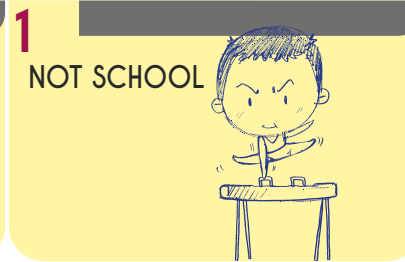
Tuesday



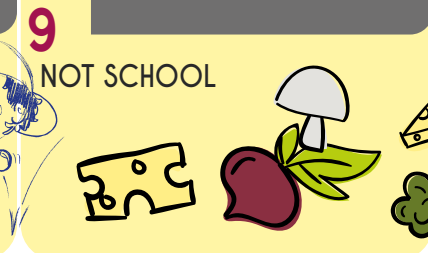
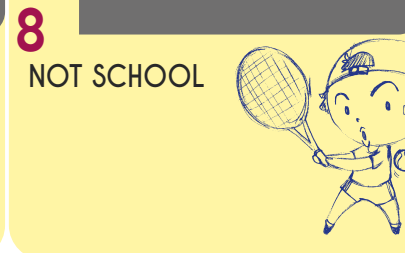
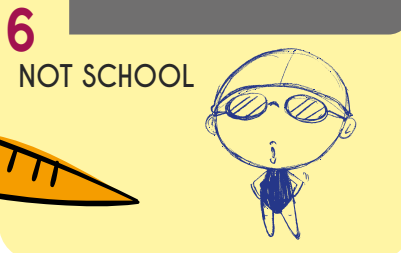
Wednesday



Thursday



Friday



12 KCal.830 HC.110 Lip.25 Prt.42
Macaroni with tuna
Pork stew with vegetables and chips
Seasonal fruit

13 KCal.720 HC.85 Lip.28 Prt.32
Chickpea stew
Hake in batter
Salad
Yogurt

14 KCal.664 HC.85 Lip.23 Prt.29
Cream of pumpkin soup
Meatballs with vegetables and potatoes
Seasonal fruit

15 KCal.784 HC.91 Lip.20 Prt.60
Black bean stew with rice
Baked steak scorpionfish
Actimel

16 KCal.711 HC.101 Lip.23 Prt.26
Vegetables stew
Spanish omelette
Salad
Seasonal fruit

19 KCal.788 HC.104 Lip.25 Prt.37
Rice with tomato sauce
"Riojana" style pork loin
Salad
Yogurt

20 KCal.704 HC.95 Lip.17 Prt.43
Lentils with vegetables
Cod in sauce with vegetables
Seasonal fruit

21 KCal.654 HC.93 Lip.21 Prt.23
Potatoes stew
French omelette
Broccoli with rehash
Yogurt

22 KCal.796 HC.99 Lip.20 Prt.54
"Cantabrian" stew
Baked hake with zucchini sauce
Seasonal fruit

23 KCal.633 HC.76 Lip.21 Prt.36
Noodle soup
Stewed beef with vegetables
Seasonal fruit

26 KCal.739 HC.83 Lip.28 Prt.38
Tropical salad
Roast chicken with vegetables
French fries
Seasonal fruit

27 KCal.602 HC.77 Lip.25 Prt.16
Cream of carrot soup
Roasted pork tenderloin with red pepper
Baked potato
Yogurt

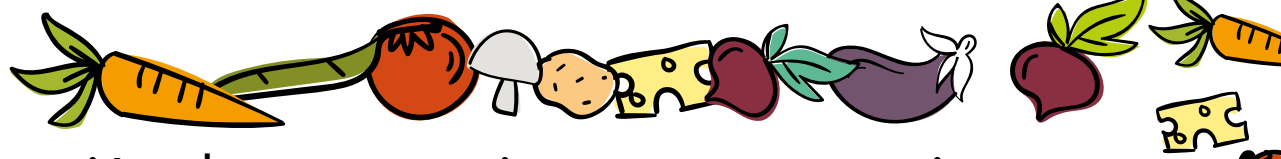
28 KCal.810 HC.94 Lip.32 Prt.36
Chickpea stew
Battered blue whiting
Lettuce salad
Seasonal fruit

29 KCal.822 HC.110 Lip.27 Prt.34
Macaroni with tuna
Roasted hamburger with vegetables
Yogurt

30 NOT SCHOOL



MAYO



lunes

3

NO LECTIVO



martes

4

KCal.756 HC.101 Lip.21 Prt.40

Lentejas a la castellana
Filete de cabra en salsa
con judía verde
Fruta de temporada

miércoles

5

KCal.718 HC.81 Lip.32 Prt.26

Pure de calabacín
Alitas de pollo al ajillo
Patatas fritas
Natillas

jueves

6

KCal.754 HC.105 Lip.25 Prt.27

Garbanzos con espinacas
Tortilla de patatas
Ensalada andaluza
Fruta de temporada

viernes

7

KCal.827 HC.96 Lip.31 Prt.40

Caracolíllos con tomate y
queso
Salmón a los cítricos con
verduras
Fruta de temporada

10

KCal.793 HC.89 Lip.33 Prt.34

Patatas con costilla
Tortilla francesa con jamón
Calabacín orly
Yogur

11

KCal.666 HC.91 Lip.22 Prt.26

Crema de verduras
Pavo guisado con verduras
Fruta de temporada

12

KCal.861 HC.111 Lip.33 Prt.30

Lentejas con chorizo
Empanadillas de atún
Ensalada primavera
Fruta de temporada

13

KCal.696 HC.90 Lip.19 Prt.40

Ensalada de pasta
Pechuga de pollo a la
plancha
Guisantes
Yogur

14

KCal.651 HC.79 Lip.20 Prt.40

Alubias blancas con verdura
Merluza en salsa marinera
con guisantes
Ensalada andaluza
Fruta de temporada

17

KCal.792 HC.105 Lip.27 Prt.33

Macarrones con atún
Ragout de cerdo con
verduras y patatas
Fruta de temporada

18

KCal.863 HC.93 Lip.33 Prt.48

Garbanzos con verdura
Merluza a la romana
Ensalada primavera
Yogur

19

KCal.643 HC.88 Lip.20 Prt.28

Pure de calabaza
Albóndigas jardinera con
patatas
Fruta de temporada

20

KCal.673 HC.89 Lip.21 Prt.32

Negritos con arroz
Filete de cabra en salsa con
judía verde
Fruta de temporada

21

KCal.738 HC.99 Lip.25 Prt.30

Menestra de verduras
Tortilla de patatas
Ensalada andaluza
Yogur

24

KCal.788 HC.104 Lip.25 Prt.37

Arroz con tomate
Filete de sajonia a la
plancha
Ensalada variada
Yogur

25

KCal.704 HC.95 Lip.17 Prt.43

Lentejas estofadas
Bacalao en salsa con
verduras
Fruta de temporada

26

KCal.654 HC.93 Lip.21 Prt.23

Patatas en salsa verde
Tortilla francesa
Brócoli con refrito
Yogur

27

KCal.796 HC.99 Lip.20 Prt.54

Cocido montañés
Centros de merluza con
salsa de calabacín
Fruta de temporada

28

KCal.633 HC.76 Lip.21 Prt.36

Sopa de verdura
Ragout de ternera con
verduras
Fruta de temporada

31

KCal.772 HC.99 Lip.28 Prt.31

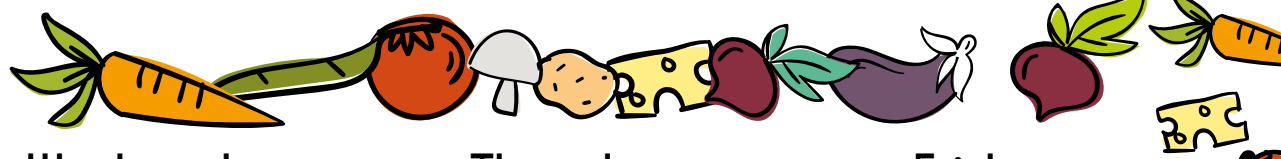
Judías verdes con jamón y
tomate
Tortilla de patata
Ensalada
Yogurt



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MAY



Monday

3

NO LECTIVO



Tuesday

4

KCal.756 HC.101 Lip.21 Prt.40

Lentil stew
Baked steak scorpionfish
Seasonal fruit

Wednesday

5

KCal.718 HC.81 Lip.32 Prt.26

Creamed of courgettes soup
Chicken wings with garlic
French fries
Custard

Thursday

6

KCal.754 HC.105 Lip.25 Prt.27

Chickpea with spinach stew
Spanish omelette
Lettuce salad
Seasonal fruit

Friday

7

KCal.827 HC.96 Lip.31 Prt.40

Cheesy pasta with tomato sauce
Salmon orange sauce and green beans
Seasonal fruit

10

KCal.793 HC.89 Lip.33 Prt.34

Pork rib stew with potato
Hake in marinara sauce with vegetables
Yogurt

11

KCal.666 HC.91 Lip.22 Prt.26

Soup of vegetable cream
Turkey and vegetables stew
Seasonal fruit

12

KCal.861 HC.111 Lip.33 Prt.30

Lentil stew
Tuna small pie
Lettuce salad
Seasonal fruit

13

KCal.696 HC.90 Lip.19 Prt.40

Pasta salad
Baked chicken breast
Salted green peas
Yogurt

14

KCal.651 HC.79 Lip.20 Prt.40

Bean stew
Hake sauce with peas "marinera"
Salad
Seasonal fruit

17

KCal.792 HC.105 Lip.27 Prt.33

Macaroni with tuna
Pork stew with vegetables and chips
Seasonal fruit

18

KCal.863 HC.93 Lip.33 Prt.48

Chickpea stew
Hake in batter
Salad
Yogurt

19

KCal.643 HC.88 Lip.20 Prt.28

Cream of pumpkin soup
Meatballs with vegetables and potatoes
Seasonal fruit

20

KCal.673 HC.89 Lip.21 Prt.32

Black bean stew with rice
Baked steak scorpionfish
Seasonal fruit

21

KCal.738 HC.99 Lip.25 Prt.30

Vegetables stew
Spanish omelette
Salad
Seasonal fruit

24

KCal.788 HC.104 Lip.25 Prt.37

Rice with tomato sauce
"Riojana" style pork loin
Salad
Seasonal fruit

25

KCal.704 HC.95 Lip.17 Prt.43

Lentils with vegetables
Cod in sauce with vegetables
Yogurt

26

KCal.654 HC.93 Lip.21 Prt.23

Potatoes stew
French omelette
Broccoli with rehash
Seasonal fruit

27

KCal.796 HC.99 Lip.20 Prt.54

"Cantabrian" stew
Baked hake with zucchini sauce
Seasonal fruit

28

KCal.633 HC.76 Lip.21 Prt.36

Noodle soup
Stewed beef with vegetables
Yogurt

31

KCal.772 HC.99 Lip.28 Prt.31

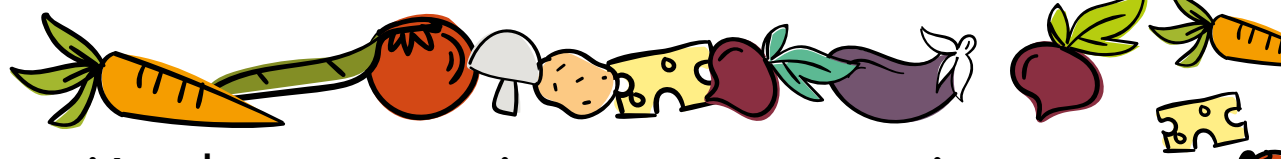
Green beans with jam and tomato
Spanish omelette
Lettuce salad
Yogurt



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JUNIO



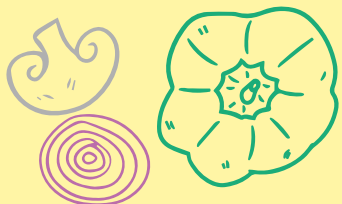
lunes

martes

miércoles

jueves

viernes



1 KCal.602 HC.77 Lip.25 Prt.16
Crema de zanahoria
Filete de cerdo con pimientos asados
Patatas dado
Fruta de temporada

2 KCal.771 HC.95 Lip.27 Prt.36
Garbanzos con verdura
Bacalada a la romana
Ensalada primavera
Yogur

3 KCal.822 HC.110 Lip.27 Prt.34
Macarrones con atún
Hamburguesa al horno con verduritas
Fruta de temporada

4 KCal.634 HC.86 Lip.18 Prt.32
Alubias pintas estofadas
Merluza a la gallega con zanahoria baby
Fruta de temporada

7 KCal.643 HC.100 Lip.16 Prt.26
Arroz con verduras
Lomo adobado plancha
Calabacín y champiñones
Fruta de temporada

8 KCal.756 HC.101 Lip.21 Prt.40
Lentejas a la castellana
Filete de cabra en salsa con judía verde
Fruta de temporada

9 KCal.718 HC.81 Lip.32 Prt.26
Pure de calabacín
Pollo asado al limon
Patatas fritas
Fruta de temporada

10 KCal.754 HC.105 Lip.25 Prt.27
Garbanzos con espinacas
Tortilla de patatas
Ensalada andaluza
Natillas

11 KCal.827 HC.96 Lip.31 Prt.40
Caracolillos con tomate y queso
Salmón a los cítricos con verduritas
Fruta de temporada

14 KCal.730 HC.89 Lip.32 Prt.22
Patatas con costilla
Tortilla francesa con jamón
Calabacín orly
Yogur

15 KCal.729 HC.115 Lip.15 Prt.34
Crema de verduras
Pavo guisado con verduras
Fruta de temporada

16 KCal.793 HC.112 Lip.27 Prt.27
Lentejas con chorizo
Empanadillas de atún
Ensalada andaluza
Fruta de temporada

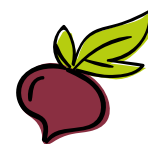
17 KCal.696 HC.90 Lip.19 Prt.40
Ensalada de pasta
Pechuga de pollo a la plancha
Guisantes
Fruta de temporada

18 KCal.706 HC.92 Lip.19 Prt.41
Alubias blancas estofadas
Merluza en salsa marinera con guisantes
Ensalada andaluza
Yogur

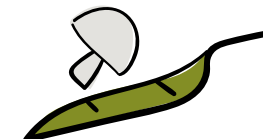
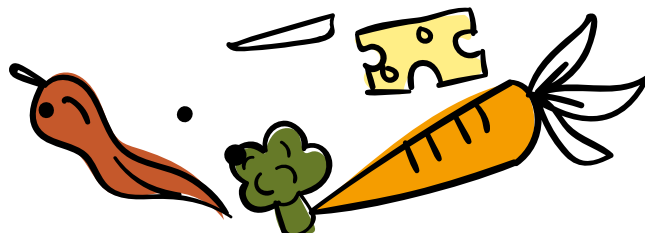
21 MENU ESPECIAL

22 KCal.804 HC.121 Lip.24 Prt.25
Pure de calabaza
Hamburguesa casera a la plancha
Patatas fritas
Yogur

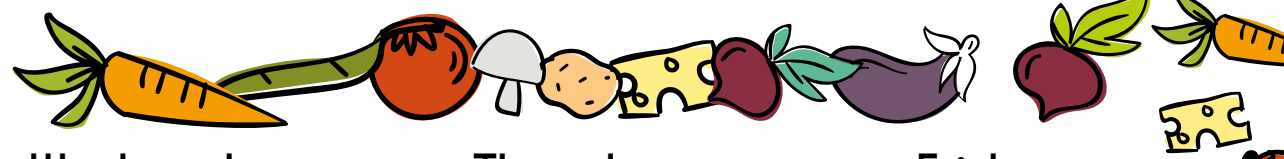
23 KCal.827 HC.96 Lip.31 Prt.40
Caracolillos con tomate y queso
Centros de merluza con salsa de calabacín
Fruta de temporada



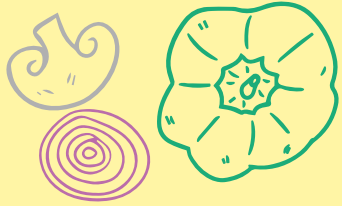
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JUNE



Monday



1 KCal.602 HC.77 Lip.25 Prt.16

Cream of carrot soup
Roasted pork tenderloin with red pepper
Seasonal fruit

Tuesday

2 KCal.771 HC.95 Lip.27 Prt.36

Chickpea stew
Battered blue whiting
Lettuce salad
Yogurt

Thursday

3 KCal.822 HC.110 Lip.27 Prt.34

Macaroni with tuna
Roasted hamburger with vegetables
Seasonal fruit

Friday

4 KCal.634 HC.86 Lip.18 Prt.32

Pinto bean stew
Hake in paprika sauce and carrot
Seasonal fruit

7 KCal.643 HC.100 Lip.16 Prt.26

Rice with vegetables
Griddle marinated tenderloin
Zucchini and mushroom sautéed
Seasonal fruit

8 KCal.756 HC.101 Lip.21 Prt.40

"Castellana" lentil stew
Baked steak scorpionfish
Yogurt

9 KCal.718 HC.81 Lip.32 Prt.26

Creamed of courgettes soup
Roasted chicken with lemon with potatoes
French fries
Seasonal fruit

10 KCal.754 HC.105 Lip.25 Prt.27

Chickpeas with spinach
Spanish omelette
Salad
Custard

11 KCal.827 HC.96 Lip.31 Prt.40

Cheesy pasta with tomato sauce
Salmon orange sauce and green beans
Seasonal fruit

14 KCal.730 HC.89 Lip.32 Prt.22

Pork rib stew with potato
Hake in marinara sauce with vegetables
Yogurt

15 KCal.729 HC.115 Lip.15 Prt.34

Soup of vegetable cream
Turkey and vegetables stew
Seasonal fruit

16 KCal.793 HC.112 Lip.27 Prt.27

Lentil stew
Tuna small pie
Lettuce salad
Seasonal fruit

17 KCal.696 HC.90 Lip.19 Prt.40

Pasta salad
Baked chicken breast
Salted green peas
Seasonal fruit

18 KCal.706 HC.92 Lip.19 Prt.41

Bean stew
Hake sauce with peas "marinera"
Salad
Yogurt

21 SPECIAL MENU

22 KCal.804 HC.121 Lip.24 Prt.25

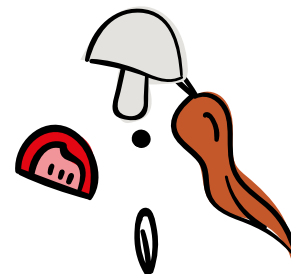
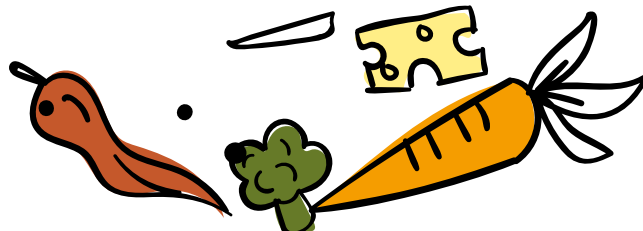
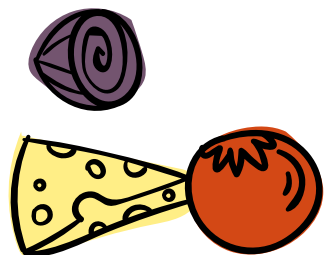
Cream of pumpkin soup
Grilled burger
French fries
Yogurt

23 KCal.827 HC.96 Lip.31 Prt.40

Cheesy pasta with tomato sauce
Baked hake with zucchini sauce
Seasonal fruit



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En el **Año de la Alimentación Sostenible** y el **Año Internacional de las Frutas y Verduras**, nos sumamos a la difusión de los beneficios de la alimentación sana, justa, que impulsa el comercio de proximidad, como elemento básico para el cuidado de nuestras hijas e hijos.

Os animamos a disfrutar en familia de unos hábitos alimentarios saludables, preparando a la infancia como futura sociedad consumidora responsable, a potenciar la compra de producto local visitando nuestros mercados, a entrar en la cocina y preparar con hijas e hijos los platos que compartiréis en la mesa. La cocina fría es una gran oportunidad para hacerlo y para compartir ratos muy gratificantes

Nuestro clima nos ofrece una diversidad de alimentos extraordinaria para disfrutar y aprender comiendo.

Ahora que llega el buen tiempo es un buen momento para que los más pequeños descubran los deliciosos sabores de la gran variedad de frutas y verduras de proximidad y se beneficien de su poder hidratante y vitamínico.

Con el aumento de temperatura nuestro organismo aprecia la alimentación fresca, sencilla y saludable. En esta época del año nuestro cuerpo necesita más hidratación y en primavera y verano nuestros campos producen un gran abanico de alimentos llenos de colores y sabores que nos aportan todos los nutrientes que necesitamos y, además, nos refrescan .

La sandía, el melón, el albaricoque, el tomate, el pepino, el calabacín, las lechugas, las berenjenas, el pimiento Los huertos mediterráneos nos ofrecen un espectáculo de colores, texturas y sabores que nos permitirán hacer elaboraciones simples , donde el protagonista es el producto.

Ensaladas y sopas frías pueden ser el punto de partida para que la imaginación nos lleve a presentaciones sensacionales donde la comida ya nos entre por los ojos.

In the **Year of Sustainable Food** and the **International Year of Fruits and Vegetables**, we join the dissemination of the benefits of healthy, fair food, which promotes local trade, as a basic element for the care of our kids.

We encourage you to enjoy healthy eating habits with children, to prepare them as responsible future consumers, to encourage the purchase of local products by visiting our farmers markets, to enter the kitchen and prepare with them the dishes you will share in table. Cold cooking is a great opportunity to do just that and to spend some very rewarding times.

Our climate offers us an extraordinary diversity of foods to enjoy and learn from eating

Now, that the good weather has arrived, it is a good time for the little ones to discover the delicious flavors of the great variety of local fruit and vegetables and benefit from their moisturizing and vitamin power.

As the temperature rises, our body appreciates fresh, simple and healthy food. At this time of year we need more hydration and in spring and summer our mediterranean farmlands produce a wide range of foods full of colors and tastes that provide us with all the nutrients we need and also refresh us .

Watermelon, melon, apricot, tomato, cucumber, zucchini, lettuce, aubergines, pepper ... The Mediterranean lands offer us a spectacle of colors, textures and flavors that will allow us to make simple preparations. , where the protagonist is the product.

Cold salads and soups can be the starting point for the imagination to take us to terrific presentations.

