

alimentando
un futuro
sostenible



ausolan



nurturing a
sustainable future



2

2017-2018

ENERO JANUARY

menús 2do trimestre · curso 2017-2018 / 2nd trimester menus · 2017-2018 school year

Lunes Monday

Martes Tuesday

Miércoles Wednesday

Jueves Thursday

Viernes Friday

01

02

03

04

05

VACACIONES

VACACIONES

VACACIONES

VACACIONES

VACACIONES

HOLIDAYS

HOLIDAYS

HOLIDAYS

HOLIDAYS

HOLIDAYS

08 Kcal.776 Hc.115 Lip.24 Prot.30

- Paella de verdura
- Albóndigas a la jardinera
- Fruta

- Vegetable paella
- Meatballs with vegetables
- Fruit

09 Kcal.688 Hc.90 Lip.21 Prot.39

- Lentejas a la castellana
- Filete de merluza con pisto
- Yogur

- Lentil stew
- Hake with tomato sauce and peppers
- Yoghurt

10 Kcal.609 Hc.91 Lip.12 Prot.39

- Patatas con costilla
- Pechuga de pollo en salsa de champiñones
- Fruta

- Potatoes with rib
- Chicken breast with sauce and mushrooms
- Fruit

11 Kcal.669 Hc.87 Lip.17 Prot.47

- Cocido montañés
- Bacalao al horno con piperrada
- Yogur

- Mountain stew
- Baked cod with piperrada
- Yoghurt

12 Kcal.605 Hc.81 Lip.23 Prot.17

- Menestra de verduras en puré
- Tortilla de patatas con mahonesa
- Fruta

- Creamed vegetables
- Spanish omelette with mayonnaise
- Fruit

15 Kcal.765 Hc.113 Lip.18 Prot.38

- Macarrones con atún
- Pavo guisado con verduras
- Fruta

- Macaroni with tuna
- Turkey stew with vegetables
- Fruit

16 Kcal.697 Hc.90 Lip.31 Prot.19

- Judías verdes rehogadas
- Delicias de merluza con ensalada
- Yogur

- Green beans stew
- Fish nuggets with salad
- Yoghurt

17 Kcal.804 Hc.119 Lip.25 Prot.29

- Garbanzos con espinacas
- Tortilla de chorizo con ensalada
- Fruta

- Chickpeas with spinach
- Chorizo omelette with salad
- Fruit

18 Kcal.867 Hc.88 Lip.48 Prot.27

- Sopa de verdura
- Salchichas de la abuela con patatas
- Fruta

- Soup verdura con pasta
- Homemade sausages with potatoes
- Fruit

19 Kcal.668 Hc.102 Lip.14 Prot.37

- Negritos con arroz
- Merluza en salsa de manzana
- Yogur

- Black bean stew with rice
- Hake in apple sauce
- Yoghurt

22 Kcal.709 Hc.91 Lip.23 Prot.38

- Crema de zanahoria
- Guisado de ternera con patatas
- Fruta

- Carrot cream
- Beef stew with vegetables
- eusko label
- Fruit

23 Kcal.664 Hc.92 Lip.21 Prot.31

- Patatas en salsa verde
- Merluza a la romana con limón
- Fruta

- Potatoes in green sauce
- Hake in batter with lemon
- Fruit

24 Kcal.666 Hc.85 Lip.23 Prot.34

- Lentejas con verdura
- Alas de pollo con ensalada
- Actimel

- Lentils with vegetables
- Chicken wings with salad
- Actimel

25 Kcal.708 Hc.119 Lip.12 Prot.36

- Arroz alicantina
- Albóndigas de pescado en salsa de pimientos verde
- Fruta

- Alicante style rice
- Meatballs fish in green sauce
- Fruit

26 Kcal.729 Hc.106 Lip.22 Prot.32

- Alubias pintas estofadas
- Tortilla de calabacín con ensalada
- Yogur

- Pinto bean stew
- Zucchini omelette with salad
- Yoghurt

29

FIESTA

NOT SCHOOL

30 Kcal.777 Hc.116 Lip.22 Prot.33

- Macarrones con jamón cocido
- Merluza a la gallega con zanahoria
- Fruta

- Macaroni with ham
- Hake in paprika sauce and carrot
- Fruit

31 Kcal.888 Hc.117 Lip.36 Prot.32

- Cocido lebaniego
- Empanadillas de atún con tomate
- Yogur

- Chickpea stew
- Tuna small pie with tomato
- Yoghurt



*Nota aclaratoria: Los datos ofrecidos a través de la valoración nutricional son orientativos, tomando como referencia un grupo de edad de 7-12 años.

*Explanatory note: The nutritional information given is approximate based on a reference group of children aged 7-12 years.

FEBRERO FEBRUARY

menús 2do trimestre · curso 2017-2018 / 2nd trimester menus · 2017-2018 school year

Lunes Monday

Martes Tuesday

Miércoles Wednesday

Jueves Thursday

Viernes Friday



05 Kcal.809 Hc.129 Lip.26 Prot.22

• Pechuga de pollo en salsa de champiñones
• Fruta

• Creamed vegetables
• Chicken breast with sauce and mushrooms
• Fruit

06 Kcal.631 Hc.71 Lip.22 Prot.39

• Judías verdes rehogadas
• Lomo de sajonia con patatas
• Yogur

• Green beans stew
• Pork chop with french fries
• Yoghurt

07 Kcal.691 Hc.110 Lip.14 Prot.35

• Garbanzos con verdura
• Merluza en salsa de manzana
• Fruta

• Chickpea stew
• Hake in apple sauce
• Fruit

01 Kcal.625 Hc.84 Lip.18 Prot.36

• Puré de verduras
• Pechuga de pollo en salsa de champiñones
• Fruta

• Creamed vegetables
• Chicken breast with sauce and mushrooms
• Fruit

02 Kcal.670 Hc.102 Lip.13 Prot.42

• Alubias blanca estofadas
• Merluza en salsa marinera con guisantes
• Yogur

• Bean stew
• Hake sauce with peas "marinera"
• Yoghurt

08 Kcal.631 Hc.84 Lip.16 Prot.40

• Patatas a la riojana
• Pollo asado con verduras
• Yogur

• Potatoes with spicy
• Roast chicken with vegetables
• Yoghurt

09 Kcal.704 Hc.110 Lip.17 Prot.31

• Lentejas con verdura
• Hamburguesa de calamar con mahonesa
• Fruta

• Lentils with vegetables
• Squid burger with mayonnaise
• Fruit

10 Kcal.615 Hc.91 Lip.14 Prot.33

• Sopa maravilla
• Pavo estofado con patatitas
• Fruta

• Noodle soup
• Turkey stew with potatoes and vegetables
• Fruit

11 Kcal.642 Hc.94 Lip.13 Prot.42

• Alubias pintas estofadas
• Merluza en salsa verde con guisantes
• Yogur

• Pinto bean stew
• Hake in green sauce with beans
• Yoghurt

12 Kcal.824 Hc.112 Lip.27 Prot.34

• Macarrones con atún
• Albóndigas a la jardinera
• Fruta

• Macaroni with tuna
• Meatballs with vegetables
• Fruit

13 Kcal.703 Hc.102 Lip.21 Prot.28

• Cocido montañés
• Tortilla de patatas con tomate
• Fruta

• Mountain stew
• Spanish omelette with tomato
• Fruit

14 Kcal.615 Hc.91 Lip.14 Prot.33

• Arroz alicantina
• San jacob con ensalada
• Flan de vainilla

• Alicante style rice
• Ham cordon bleu with salad
• Vanilla flan

15 Kcal.831 Hc.128 Lip.26 Prot.25

• Arroz alicantina
• San jacob con ensalada
• Flan de vainilla

• Alicante style rice
• Ham cordon bleu with salad
• Vanilla flan

16 Kcal.642 Hc.94 Lip.13 Prot.42

• Alubias pintas estofadas
• Merluza en salsa verde con guisantes
• Yogur

NOT SCHOOL

17 Kcal.824 Hc.112 Lip.27 Prot.34

• Macarrones con atún
• Albóndigas a la jardinera
• Fruta

NOT SCHOOL

18 Kcal.636 Hc.77 Lip.23 Prot.35

• Crema de calabacín
• Calao al horno con piperrada
• Yogur

NOT SCHOOL

19 Kcal.787 Hc.110 Lip.19 Prot.49

• Garbanzos con espinacas
• Guisado de ternera con patatas
• Fruta

NOT SCHOOL

20 Kcal.831 Hc.128 Lip.26 Prot.25

• Arroz alicantina
• San jacob con ensalada
• Flan de vainilla

• Macaroni napolitana
• Zucchini omelette with salad
• Fruit

21 Kcal.642 Hc.94 Lip.13 Prot.42

• Alubias pintas estofadas
• Merluza en salsa verde con guisantes
• Yogur

NOT SCHOOL

22 Kcal.824 Hc.112 Lip.27 Prot.34

• Macarrones con atún
• Albóndigas a la jardinera
• Fruta

NOT SCHOOL

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• Macaroni napolitana
• Zucchini omelette with salad
• Fruit

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MARZO MARCH

menús 2do trimestre · curso 2017-2018 / 2nd trimester menus · 2017-2018 school year

Lunes Monday

Martes Tuesday

Miércoles Wednesday

Jueves Thursday

Viernes Friday



5 Kcal.739 Hc.84 Lip.30 Prot.35

**Crema de zanahoria
y omelette de patatas
adobado con salsa de
merluza**

Carrot cream
omelette with potatoes
and fish

06 Kcal.931 Hc.131 Lip.39 Prot.21

**Arroz montaña
Delicias de merluza con
salsa de mahonesa
y fruta**

Rice mountain
Fish nuggets with
mayonnaise
Fruit

07 Kcal.703 Hc.97 Lip.23 Prot.30

**Lentejas a la hortelana
Tortilla de patatas con
ensalada
Yogur**

Lentils "hortelana"
Spanish omelette with
salad
Yoghurt

01 Kcal.715 Hc.100 Lip.23 Prot.31

**Marmitaco de pescado
Albóndigas a la jardinera
Fruta**

Fish & potato stew
Meatballs with vegetables
Fruit

02 Kcal.680 Hc.96 Lip.17 Prot.38

**Alubias blancas
estofadas
Merluza a la gallega con
zanahoria
Yogur**

Bean stew
Hake in paprika sauce and
carrot
Yoghurt

2 Kcal.810 Hc.122 Lip.26 Prot.22

**Macarrones con atún
Tortilla de chorizo con
ensalada
Fruta**

Macaroni with tuna
chorizo omelette with salad
fruit

13 Kcal.719 Hc.86 Lip.25 Prot.40

**Crema de zanahoria
Guisado de ternera con
patatas
Yogur**

Carrot cream
Beef stew with vegetables
euskal label
Yoghurt

14 Kcal.655 Hc.98 Lip.12 Prot.42

**Garbanzos con espinacas
Bacalao al horno con
piperrada
Fruta**

Chickpeas with spinach
Baked cod with piperrada
Fruit

15 Kcal.622 Hc.89 Lip.14 Prot.43

**Patatas en salsa verde
Pechuga de pollo en
salsa de champiñones
Actimel**

Potatoes in green sauce
Chicken breast with sauce
and mushrooms
Actimel

16 Kcal.631 Hc.91 Lip.21 Prot.24

**Cocido montañés
Albóndigas de pescado
en salsa de pimiento
verde
Fruta**

Mountain stew
Meatballs fish in green
sauce
Fruit

9 Kcal.615 Hc.91 Lip.14 Prot.33

**Sopa maravilla
de pollo estofado con
patatas
Fruta**

Noodle soup
Turkey stew with potatoes
and vegetables
fruit

20 Kcal.690 Hc.107 Lip.18 Prot.29

**Paella de verdura
Merluza a la gallega
Yogur**

Vegetable paella
Hake in paprika sauce
Yoghurt

21 Kcal.767 Hc.123 Lip.19 Prot.32

**Alubias pintas estofadas
Filete ruso casero a la
plancha con verduritas
Fruta**

Pinto bean stew
Homemade burger grilled
with vegetables
Fruit

22 Kcal.608 Hc.74 Lip.21 Prot.33

**Puré de judías verdes
Palometa con salsa de
tomate
Fruta**

Creamed green beans
Palometa in tomato sauce
Fruit

23 Kcal.724 Hc.98 Lip.24 Prot.31

**Lentejas a la castellana
Tortilla de patatas con
ensalada
Yogur**

Lentil stew
Spanish omelette with
salad
Yoghurt

6 Kcal.637 Hc.84 Lip.21 Prot.30

**Patatas con costilla
Filete de merluza con
salsa de tomate
Yogur**

Potatoes in green sauce
Hake with tomato sauce
and peppers
Yoghurt

27 Kcal.875 Hc.90 Lip.48 Prot.28

**Crema de calabacín
Salchichas en salsa de
cebolla con patatas
Fruta**

Creamed courgettes
Sausages in onion sauce
with potatoes
Fruit

28 Kcal.910 Hc.115 Lip.37 Prot.32

**Cocido lebaniego
San jacob con ensalada
Natillas**

Chickpea stew
Ham cordon bleu with salad
Custard

29

VACACIONES

HOLIDAYS

30

VACACIONES

HOLIDAYS

***Nota aclaratoria:** Los datos ofrecidos a través de la valoración nutricional son orientativos, tomando como referencia un grupo de edad de 7-12 años.

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Complementar el menú escolar

ausolan

RECOMENDACIONES PARA LAS CENAS

AUSOLAN opta por un menú equilibrado y variado que cubre el 35% de las calorías necesarias a lo largo del día. Esta comida ha de ser complementada en el seno familiar, ya que la educación alimentaria, así como en otras tareas educativas, es preciso el esfuerzo del medio familiar. En este trimestre nos vamos a centrar en las cenas y para ello, nuestra empresa presenta las siguientes recomendaciones para las cenas con el objetivo de complementar nutricionalmente el menú escolar:

1. La cena se elegirá en función de los alimentos ya tomados en las otras comidas del día.
2. La composición del menú de la cena debe ser similar a la del menú del mediodía.
3. No debe ser muy copiosa. Como platos propios de la cena se sugieren purés, sopa o ensaladas y como complemento, carnes, huevos y pescados. Como postre: fruta y lácteos. Se acompañará la cena con pan y agua.
4. Se recomienda abstenerse de preparaciones culinarias muy calóricas (precocinados fritos, guisos grasos, etc.) y se elegirán formas de cocinado que no añadan mucha grasa como por ejemplo a la plancha, al horno, cocidos o al vapor.
5. Es preferible la ingesta a una hora no muy tardía para evitar que la proximidad al momento del sueño impida que los niños duerman bien. Es decir, una cena completa pero ligera, favorece el descanso reparador y contribuye a la ingesta adecuada de energía.

comida AUSOLAN

cena

1º PLATOS

Pasta, arroz, legumbre
Verdura

Verdura con patata, puré de verdura, ensalada
Sopa, ensalada de pasta, de arroz o de patata

2ª PLATOS

Carne
Pescado
Huevo

Pescado o huevo
Carne o huevo
Carne o pescado

GUARNICIÓN

Verdura
Patata

Verdura fresca, verdura cocida o patata
Verdura fresca o verdura cocida

POSTRES

Yogur o derivados
Fruta

Fruta
Yogur o derivados

EL PLATO PARA COMER SALUDABLE

ACEITES SALUDABLES

Use aceites saludables (como el aceite de oliva o colza) para cocinar, en ensaladas, y en la mesa. Limite la mantequilla. Evite las grasas trans.

HEALTHY OILS

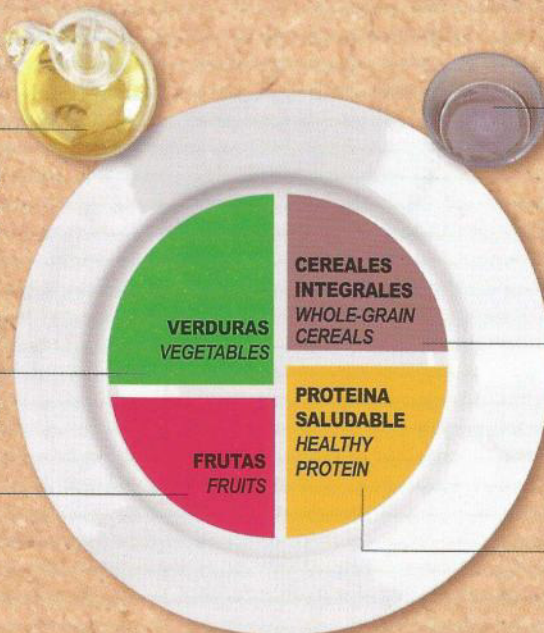
Use healthy oils (such as olive oil or rapeseed oil) for cooking, in salads and at the table. Constrain the intake of butter. Avoid trans fats.

Cuanto más verduras y mayor variedad, mejor. Las patatas y las patatas fritas no cuentan.

The greater the variety and quantity of vegetables, the better. Potatoes and fried potatoes do not count.

Coma muchas frutas y de todos los colores.

Eat lots of fruit and of all colours.



A HEALTHY MEAL

AGUA

Beba agua, té, o café (con poco o nada de azúcar). Limite la leche y lácteos (1-2 porciones al día) y los zumos (1 vaso pequeño al día). Evite las bebidas azucaradas.

WATER

Drink water, tea or coffee (with little or no sugar). Constrain the intake of milk and dairy products (1-2 portions a day) and fruit juices (1 small glass a day). Avoid sugary drinks.

Coma cereales integrales variados (como pan integral, pasta integral, y arroz integral). Limite los cereales refinados (como arroz blanco y pan blanco).

Eat varied whole cereals (such as brown bread, whole-wheat pasta and brown rice). Limit the intake of refined cereals (such as white rice and white bread).

Escoja pescados, aves, legumbres (alubias/garbanzos/lentejas), y frutos secos; limite las carnes rojas y el queso; evite el beicon, fiambres y otras carnes procesadas.

Choose fish, poultry, legumes (beans / chickpeas / lentils) and dry fruits; limit the intake of red meats and cheese; avoid bacon, sausage meats and other processed meat.



¡MANTÉNGASE ACTIVO!
STAY ACTIVE



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



RECOMMENDATIONS FOR DINNER

AUSOLAN chooses a balanced and varied diet that covers 35% of the calories necessary throughout the day. This meal should be complemented at home, as not only nutrition education but other educational tasks should be reinforced within the family. This term we are going to concentrate on evening-meals and to do so our company offers the following recommendations for dinners with the aim of nutritionally complementing the school menu:

1. Dinner will be chosen depending on the food consumed at other times of the day.
2. The composition of the dinner must be similar to that of lunch.
3. It should not be very large. As appropriate meals for dinner we suggest purées, soup or salads complemented by meat, eggs and fish. Dessert: fruit and dairy products. Dinner should be accompanied by bread and water.
4. You are advised not to prepare high calorie meals (fried pre-cooked food, fatty stews, etc.) and to choose cooking methods that do not add much fat, for example grilled, roast, cooked or steamed.
5. Avoid ingesting food very late to help children get a good night's sleep. That is, a complete but light dinner enhances recuperative sleep and contributes to the adequate intake of energy.

Complement the school meals

AUSOLAN lunch

Dinner

1st course:

Pasta, rice, legume
Vegetables

Vegetable with potato, puréed vegetables, salad
Soup, pasta-, rice- or potato salad

2nd course:

Meat
Fish
Eggs

Fish or egg
Meat or egg
Meat or fish

Side dish

Vegetables
Potato

Fresh vegetables, cooked vegetables or potato
Fresh vegetables or cooked vegetables

Desserts

Yoghurt or derivatives
Fruit

Fruit
Yoghurt or derivatives

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AUSOLAN IMPULSA

El comedor como espacio de continuidad de la labor educativa

Los comedores escolares de Ausolan trabajan por la Sostenibilidad desde su Proyecto Educativo Ausolan.

Ponemos en marcha diversas INICIATIVAS incluidas en nuestro proyecto educativo que impulsan la concienciación de la sostenibilidad entre los más pequeños.

Desde actividades basadas en los tres Ejes Sostenibles (Eje alimentario - Eje Social - Eje ambiental), los niños aprenden hábitos de vida saludables, conductas para un consumo responsable o adquieren una mayor conciencia de respeto por el medioambiente.



AUSOLAN PROMOTES

The canteen as a space for the continuity of the task of educating

Ausolan school canteens work towards Sustainability through our Ausolan Education Project.

We set up various INITIATIVES included in our education project that promote an awareness of sustainability among young children.

Through activities based on the three Sustainable Linchpins (diet - social - environment) the children learn healthy living habits, responsible consumption behaviour or they acquire a greater awareness of respect for the environment.



DÍA INTERNACIONAL CONTRA LA POBREZA
INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

VENIMOS A DAR LA LATA
WE HAVE COME TO BADGER!!!

Todavía hoy,
793.000.000 de
personas se levantan
sin saber si podrán
comer o no.



Even today,
793,000,000 people get
up without knowing if
they will have
something to eat.

¡Cuida la comida!

Mind your food!



mundukide

kooperazio kooperatiboa
cooperación cooperativa



ausolan

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