

ausolan

**ALIMENTAMOS
EXPERIENCIAS
SALUDABLES
WE NURTURE
HEALTHY
EXPERIENCES**

**3° TRIMESTRE
CURSO 2020 - 2021**

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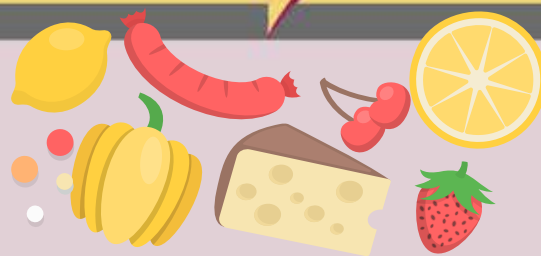
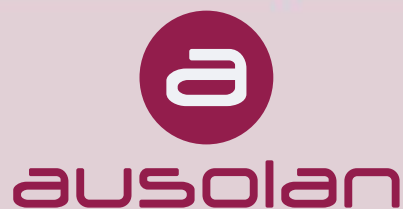
lunes

martes

miércoles

jueves

viernes



1
NO LECTIVO



2
NO LECTIVO



5
NO LECTIVO



6
NO LECTIVO



7
NO LECTIVO



8
NO LECTIVO



9
NO LECTIVO



KCal.771 HC.105 Lip.31 Prt.17

KCal.691 HC.81 Lip.29 Prt.27

KCal.695 HC.92 Lip.23 Prt.30

KCal.734 HC.94 Lip.30 Prt.22

KCal.734 HC.94 Lip.30 Prt.22

12
Paella valenciana
Empanadillas de atún
Ensalada de lechuga y maíz
Fruta de temporada

13
Judías verdes con tomate
Pechuga de pollo
Patata panadera
Yogur

14
Lentejas con zanahoria
Merluza marinera con guisantes
Fruta de temporada

15
Patatas a la riojana
Pavo estofado con verduras
Champiñones salteados
Fruta de temporada

16
Alubias estofadas
Tortilla de calabacín
Ensalada de lechuga
Fruta de temporada

KCal.815 HC.105 Lip.29 Prt.33

KCal.720 HC.101 Lip.37 Prt.33

KCal.699 HC.86 Lip.28 Prt.25

KCal.613 HC.77 Lip.26 Prt.18

KCal.727 HC.96 Lip.25 Prt.29

19
Macarrones con atún
Albóndigas a la jardinera con verduritas
Fruta de temporada

20
Garbanzos con zanahoria
Merluza a la romana
Ensalada de lechuga
Actimel

21
Crema de calabaza
Ragout de cerdo con verduras
Patatas dado
Fruta de temporada

22
Sopa de fideos
Tortilla de patata
Ensalada tomate y lechuga
Yogur

23
Negritos con arroz
Filete de cabra en salsa
Calabacín orly
Fruta de temporada

KCal.725 HC.106 Lip.25 Prt.18

KCal.806 HC.84 Lip.37 Prt.33

KCal.659 HC.83 Lip.26 Prt.24

KCal.695 HC.92 Lip.21 Prt.35

26
Arroz con tomate
Tortilla de calabacín
Brócoli con refrito
Fruta de temporada

27
Fabada asturiana
Varita de merluza
Ensalada de lechuga
Fruta de temporada

28
Sopa ave con fideos
Ternera guisada
Patatas panadera
Yogur

29
Lentejas estofadas
Merluza en salsa verde
Con guisantes
Fruta de temporada

30
NO LECTIVO

ABRIL

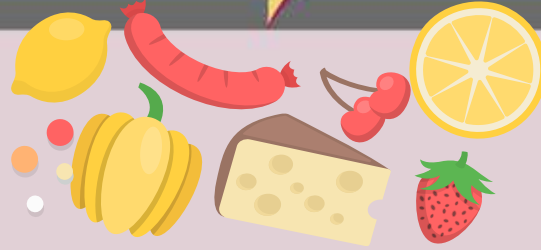
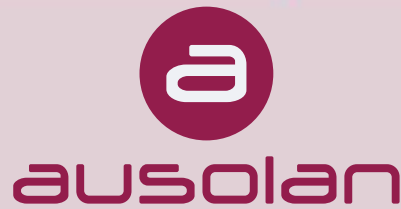
Monday

Tuesday

Wednesday

Thursday

Friday



1 NOT SCHOOL



2 NOT SCHOOL



5 NOT SCHOOL



6 NOT SCHOOL



7 NOT SCHOOL



8 NOT SCHOOL



9 NOT SCHOOL



KCal.771 HC.105 Lip.31 Prt.17

KCal.691 HC.81 Lip.29 Prt.27

KCal.695 HC.92 Lip.23 Prt.30

KCal.743 HC.84 Lip.32 Prt.31

KCal.734 HC.94 Lip.30 Prt.22

12 "Paella"
Tuna small pie
Lettuce and corn salad
Seasonal fruit

13 Green beans with tomato sauce
Baked chicken breast
Potatoes
Yogurt

14 Lentil stew
Hake in marinara sauce with vegetables
Seasonal fruit

15 Potatoes with spicy sausage
Turkey and vegetables stew
Mushroom sautéed
Seasonal fruit

16 Pinto bean stew
Zucchini omelette
Lettuce salad
Seasonal fruit

KCal.815 HC.105 Lip.29 Prt.33

KCal.720 HC.101 Lip.37 Prt.33

KCal.699 HC.86 Lip.28 Prt.25

KCal.613 HC.77 Lip.26 Prt.18

KCal.727 HC.96 Lip.25 Prt.29

19 Macaroni with tuna
Meatballs with vegetables and potatoes
Sautéed vegetable
Seasonal fruit

20 Chickpea stew
Hake in batter
Lettuce salad
Actimel

21 Cream of pumpkin soup
Pork ragout with vegetables and potatoes
Seasonal fruit

22 Noodle soup
Spanish omelette
Lettuce and tomato salad
Yogurt

23 Black bean stew with rice
Baked steak scorpionfish
Baked breaded zucchini
Seasonal fruit

KCal.725 HC.106 Lip.25 Prt.18

KCal.806 HC.84 Lip.37 Prt.33

KCal.659 HC.83 Lip.26 Prt.24

KCal.695 HC.92 Lip.21 Prt.35

26 Rice with tomato sauce
Zucchini omelette
Broccoli with rewash
Seasonal fruit

27 "Fabada" bean stew
Fried breaded fish
Lettuce salad
Seasonal fruit

28 Noodle soup
Stewed beef with vegetables and potatoes
Yogurt

29 Vegetable lentil stew
Hake in marinara sauce with green peas
Seasonal fruit

30 NOT SCHOOL

APRIL

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

lunes

martes

miércoles

jueves

viernes

KCal.667 HC.86 Lip.24 Prt.26

KCal.773 HC.85 Lip.32 Prt.35

KCal.810 HC.95 Lip.33 Prt.34

KCal.666 HC.94 Lip.18 Prt.32

3
NO LECTIVO



4
Ensalada periñaca
Lomo a la plancha
Pimientos asados
Actimel

5
Garbanzos con chorizo
Bacalada a la romana
Ensalada de lechuga y tomate
Fruta de temporada

6
Macarrones napolitana
Salchichas
Salsa rubia
Yogur

7
Alubias blancas estofadas
Merluza a la gallega con verduritas
Fruta de temporada

KCal.710 HC.85 Lip.30 Prt.25

KCal.806 HC.104 Lip.31 Prt.27

KCal.778 HC.100 Lip.29 Prt.29

KCal.654 HC.81 Lip.28 Prt.18

KCal.702 HC.89 Lip.24 Prt.32

10
Crema de calabacín
Hamburguesa al horno
Patatas fritas
Fruta de temporada

11
Caracolillos boloñesa con ternera igp
Salmón en salsa de cítricos
Zanahoria baby
Fruta de temporada

12
Garbanzos con espinacas
Pollo al limón
Patata al horno
Fruta de temporada

13
Sopa de pollo
Tortilla de patata
Ensalada de lechuga
Yogur

14
Lentejas a la castellana
Gallineta en salsa verde con guisantes
Fruta de temporada

KCal.771 HC.105 Lip.31 Prt.17

KCal.691 HC.81 Lip.29 Prt.27

KCal.695 HC.92 Lip.23 Prt.30

KCal.743 HC.84 Lip.32 Prt.31

KCal.734 HC.94 Lip.30 Prt.22

17
Paella valenciana
Empanadillas de atún
Ensalada de lechuga y maíz
Fruta de temporada

18
Judías verdes con tomate
Pechuga de pollo
Patata panadera
Yogur

19
Garbanzos con espinacas
Pollo al limón
Patata al horno
Fruta de temporada

20
Patatas a la riojana
Pavo estofado con verduritas
Champiñones salteados
Fruta de temporada

21
Alubias estofadas
Tortilla de calabacín
Ensalada de lechuga
Fruta de temporada

KCal.815 HC.105 Lip.29 Prt.33

KCal.720 HC.101 Lip.37 Prt.33

KCal.699 HC.86 Lip.28 Prt.25

KCal.613 HC.77 Lip.26 Prt.18

KCal.727 HC.96 Lip.25 Prt.29

24
Macarrones con atún
Albóndigas a la jardinera con patatas con verduritas
Fruta de temporada

25
Garbanzos con zanahoria
Merluza a la romana
Ensalada de lechuga
Actimel

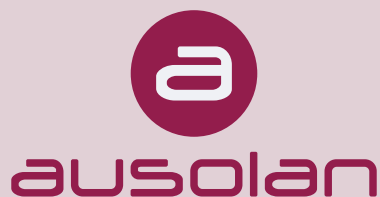
26
Crema de calabaza
Ragout de cerdo con verduras
Patatas dado
Fruta de temporada

27
Sopa de fideos
Tortilla de patata
Ensalada tomate y lechuga
Yogur

28
Negritos con arroz
Filete de cabra en salsa
Calabacín orly
Fruta de temporada

KCal.725 HC.106 Lip.25 Prt.18

31
Arroz con tomate
Tortilla de calabacín
Brócoli con refrito
Fruta de temporada



MAYO

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

Monday

Tuesday

Wednesday

Thursday

Friday

3
NOT SCHOOL



4
Potato salad
Marinated loin with red peppers
Seasonal fruit

5
Chickpea stew
Battered blue whiting
Lettuce and tomato salad
Seasonal fruit

6
"Neapolitan" pasta
Sausages
Vegetable sauce
Yogurt

7
Bean stew
Hake in paprika sauce with vegetables
Seasonal fruit

KCal.710 HC.85 Lip.30 Prt.25

KCal.806 HC.104 Lip.31 Prt.27

KCal.778 HC.100 Lip.29 Prt.29

KCal.654 HC.81 Lip.28 Prt.18

KCal.702 HC.89 Lip.24 Prt.32

10
Creamed of courgettes soup
Roasted hamburger with fried potatoes
Seasonal fruit

11
Bolognese pasta
Salmón orange sauce
Carrot baby
Seasonal fruit

12
Chickpea with spinach stew
Roasted chicken in sauce with potatoes
Baked potatoes
Seasonal fruit

13
Noodle soup
Spanish omelette
Lettuce salad
Yogurt

14
Lentil stew
Fish with green peas sauce
Seasonal fruit

KCal.771 HC.105 Lip.31 Prt.17

KCal.691 HC.81 Lip.29 Prt.27

KCal.695 HC.92 Lip.23 Prt.30

KCal.743 HC.84 Lip.32 Prt.31

KCal.734 HC.94 Lip.30 Prt.22

17
"Paella"
Tuna small pie
Lettuce and corn salad
Seasonal fruit

18
Green beans with tomato sauce
Baked chicken breast
Potatoes
Yogurt

19
Lentil stew
Hake in marinara sauce with vegetables
Seasonal fruit

20
Potatoes with spicy sausage
Turkey and vegetables stew
Mushroom sautéed
Seasonal fruit

21
Pinto bean stew
Zucchini omelette
Lettuce salad
Seasonal fruit

KCal.815 HC.105 Lip.29 Prt.33

KCal.720 HC.101 Lip.37 Prt.33

KCal.699 HC.86 Lip.28 Prt.25

KCal.613 HC.77 Lip.26 Prt.18

KCal.727 HC.96 Lip.25 Prt.29

24
Macaroni with tuna
Meatballs with vegetables and potatoes
Sautéed vegetable
Seasonal fruit

25
Chickpea stew
Hake in batter
Lettuce salad
Actimel

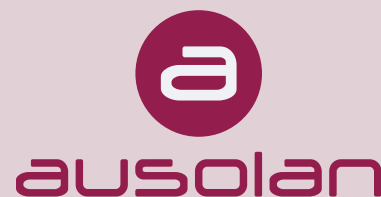
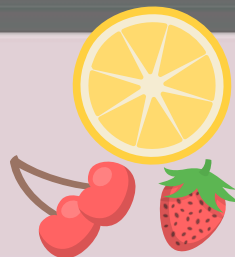
26
Cream of pumpkin soup
Pork ragout with vegetables and potatoes
Seasonal fruit

27
Noodle soup
Spanish omelette
Lettuce and tomato salad
Yogurt

28
Black bean stew with rice
Baked steak scorpionfish
Baked breaded zucchini
Seasonal fruit

KCal.725 HC.106 Lip.25 Prt.18

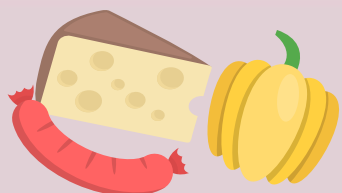
31
Rice with tomato sauce
Zucchini omelette
Broccoli with rewash
Seasonal fruit



MAY

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

lunes



1
Fabada asturiana
Varita de merluza
Ensalada de lechuga
Fruta de temporada

KCal.721 HC.79 Lip.34 Prt.24

martes

KCal.806 HC.84 Lip.37 Prt.33

miércoles

KCal.659 HC.83 Lip.26 Prt.24

jueves

KCal.695 HC.92 Lip.21 Prt.35

viernes

KCal.694 HC.83 Lip.29 Prt.25

7
Judías verdes con jamón y tomate
Tortilla de patata
Ensalada de lechuga
Fruta de temporada

KCal.710 HC.85 Lip.30 Prt.25

8
Ensalada periñaca
Lomo a la plancha
Pimientos asados
Actimel

KCal.806 HC.104 Lip.31 Prt.27

9
Garbanzos con chorizo
Bacalada a la romana
Ensalada de lechuga y tomate
Fruta de temporada

KCal.778 HC.100 Lip.29 Prt.29

10
Macarrones napolitana
Salchichas
Salsa rubia
Yogur

KCal.654 HC.81 Lip.28 Prt.18

11
Alubias blancas estofadas
Merluza a la gallega con verduritas
Fruta de temporada

KCal.702 HC.89 Lip.24 Prt.32

14
Crema de calabacín
Hamburguesa al horno
Patatas fritas
Fruta de temporada

KCal.771 HC.105 Lip.31 Prt.17

15
Caracolillos boloñesa con ternera igp
Salmon en salsa de cítricos
Zanahoria baby
Fruta de temporada

KCal.691 HC.81 Lip.29 Prt.27

16
Garbanzos con espinacas
Pollo al limón
Patata al horno
Fruta de temporada

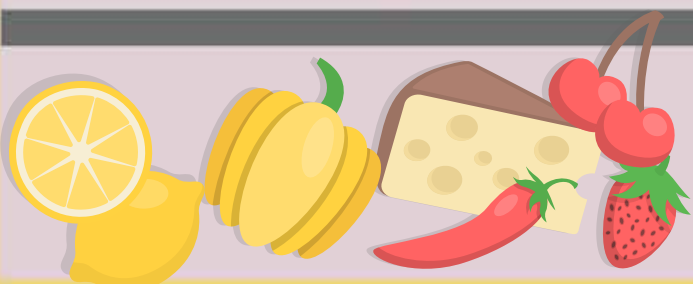
17
Sopa de pollo
Tortilla de patata
Ensalada de lechuga
Yogur

18
Lentejas a la castellana
Gallineta en salsa verde con guisantes
Fruta de temporada

21
MENÚ ESPECIAL

22
Judías verdes con tomate
Pechuga de pollo
Patata panadera
Yogur

JUNIO



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

Monday

Tuesday

Wednesday

Thursday

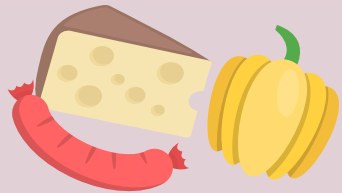
Friday

KCal.806 HC.84 Lip.37 Prt.33

KCal.659 HC.83 Lip.26 Prt.24

KCal.695 HC.92 Lip.21 Prt.35

KCal.694 HC.83 Lip.29 Prt.25



1
"Fabada" bean stew
Fried breaded fish
Lettuce salad
Seasonal fruit

2
Noodle soup
Stewed beef with
vegetables and potatoes
Yogurt

3
Vegetable lentil stew
Hake in marinara sauce
with green peas
Seasonal fruit

4
Cream of vegetable soup
Roast rosemary chicken
Lettuce and corn salad
Seasonal fruit

KCal.721 HC.79 Lip.34 Prt.24

KCal.667 HC.86 Lip.24 Prt.26

KCal.773 HC.85 Lip.32 Prt.35

KCal.810 HC.95 Lip.33 Prt.34

KCal.666 HC.94 Lip.18 Prt.32

7
Green beans with tomato
sauce
Spanish omelette
Lettuce salad
Seasonal fruit

8
Potato salad
Marinated loin with red
peppers
Seasonal fruit

9
Chickpea stew
Battered blue whiting
Lettuce and tomato salad
Seasonal fruit

10
"Neapolitan" pasta
Sausages
Vegetable sauce
Yogurt

11
Bean stew
Hake in paprika sauce with
vegetables
Seasonal fruit

KCal.710 HC.85 Lip.30 Prt.25

KCal.806 HC.104 Lip.31 Prt.27

KCal.778 HC.100 Lip.29 Prt.29

KCal.654 HC.81 Lip.28 Prt.18

KCal.702 HC.89 Lip.24 Prt.32

14
Creamed of courgettes soup
Roasted hamburger with fried
potatoes
Seasonal fruit

15
Bolognese pasta
Salmon orange sauce
Carrot baby
Seasonal fruit

16
Chickpea with spinach stew
Roasted chicken in sauce
with potatoes
Baked potatoes
Seasonal fruit

17
Noodle soup
Spanish omelette
Lettuce salad
Yogurt

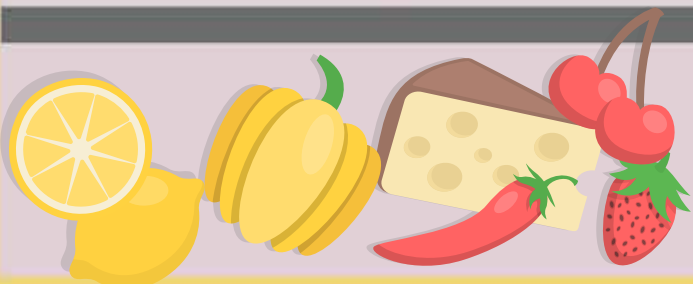
18
Lentil stew
Fish with green peas sauce
Seasonal fruit

KCal.771 HC.105 Lip.31 Prt.17

KCal.691 HC.81 Lip.29 Prt.27

21
SPECIAL MENU

22
Green beans with tomato
sauce
Baked chicken breast
Potatoes
Yogurt



ausolan



JUNE

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

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 needs more hydration and in spring and summer our mediterranean farmlands produces 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.

