




BASIC DIET



CEIP LA JURADA
March and April 2021

Cal values: 35-40% NRV






MONDAY	
01-MAR. -29-MAR. -26-APR.	
HOMEMADE SOUP	
MACARONI WITH TUNAFISH	 G
GRATED CHEESE	
BREAD	
CUSTARD	
Kcal: 839 H.C.: 122 Fat: 20 Pr: 40	





TUESDAY	
02-MAR. -30-MAR. -27-APR.	
LEEK AND CARROT SOUP	
VEAL WITH VEGETABLES RAGOUT	G
BREAD	
FRESH FRUIT	
Kcal: 728 H.C.: 59 Fat: 23 Pr: 62	


WEDNESDAY	
03-MAR. -31-MAR. -28-APR.	
WHITE BEANS SOUP	
BAKED OMELETTE	 A
CAESAR SALAD	
BREAD	
FRUIT IN SYRUP	
Kcal: 765 H.C.: 75 Fat: 36 Pr: 26	



THURSDAY	
04-MAR. -01-ABR. -29-APR.	
7 VEGETABLES PUREE	
LENTILS STEW	G
WHITE RICE	A
BREAD	
FRESH FRUIT	
Kcal: 798 H.C.: 111 Fat: 21 Pr: 33	


FRIDAY	
05-MAR. -02-ABR. -30-APR.	
CHOPPED MEAT SOUP	
SAITHE WITH ONIONS SAUCE	 G
STEAMED POTATOES	A
BROWN BREAD	
FLAVORED YOGHURT	
Kcal: 741 H.C.: 82 Fat: 20 Pr: 50	



MONDAY	
08-MAR. -05-APR.	
COURGETTE PUREE	
VALENCIANA PAELLA	A
BREAD	
FRESH FRUIT	
Kcal: 771 H.C.: 89 Fat: 9 Pr: 25	

TUESDAY	
09-MAR. -06-APR.	
RANCHO CANARIO	
HAKE STICKS	 Fr
CARIBBEAN SALAD	
BREAD	
JELLY	
Kcal: 822 H.C.: 100 Fat: 39 Pr: 30	



WEDNESDAY	
10-MAR. -07-APR.	
WATERCRESS PUREE	
FANTASY PIZZA	 A
BREAD	
FRESH FRUIT	
Kcal: 737 H.C.: 72 Fat: 17 Pr: 25	


THURSDAY	
11-MAR. -08-APR.	
FISH SOUP	
BURGER WITH TOMATO SAUCE	A
MIXED VEGETABLES	A
BREAD	
FLAVORED YOGHURT	
Kcal: 608 H.C.: 49 Fat: 50 Pr: 31	



FRIDAY	
12-MAR. -09-APR.	
VEGETABLES SOUP	
TUNA WITH LEMON SAUCE	 A
MAXORATA STYLE POTATOES	A
BROWN BREAD	
FRESH FRUIT	
Kcal: 872 H.C.: 87 Fat: 31 Pr: 56	

MONDAY	
15-MAR. -12-APR.	
VEAL SOUP	
ROASTED CHICKEN HAMS	A
POOR STYLE POTATOES	A
BREAD	
FLAVORED YOGHURT	
Kcal: 911 H.C.: 73 Fat: 55 Pr: 86	



TUESDAY	
16-MAR. -13-APR.	
MUSHROOMS CREAM SOUP	
RED BEANS STEW WITH VEGETABLES	G
WHITE RICE	A
BREAD	
FRESH FRUIT	
Kcal: 676 H.C.: 112 Fat: 21 Pr: 25	


WEDNESDAY	
17-MAR. -14-APR.	
SPINACH AND CHARD PUREE	
FISH CROQUETTES	 Fr
GENOVESE SALAD	 G
BREAD	
FRUIT IN SYRUP	
Kcal: 773 H.C.: 70 Fat: 65 Pr: 17	



THURSDAY	
18-MAR. -15-APR.	
LENTIL SOUP	
SPANISH OMELETTE	 A
TURKEY HAM	
BREAD	
FRESH FRUIT	
Kcal: 720 H.C.: 74 Fat: 26 Pr: 34	

FRIDAY	
19-MAR. -16-APR.	
GREEN BEANS SOUP	
POLLOCK WITH "MOJO PALMERO" SAUCE	 A
SPRING VEGETABLES	A
BROWN BREAD	
PETIT SUISSE	
Kcal: 770 H.C.: 48 Fat: 39 Pr: 45	

MONDAY	
22-MAR. -19-APR.	
PUMPKIN CREAM SOUP	
ORIENTAL STYLE PORK ROAST	A
PEAS, GREEN BEANS & CARROTS	A
BREAD	
FRESH FRUIT	
Kcal: 900 H.C.: 60 Fat: 35 Pr: 42	

TUESDAY	
23-MAR. -20-APR.	
SPRING SOUP	
SEAFOOD RICE WITH VEGETABLES	 A
BREAD	
FLAVORED YOGHURT	
Kcal: 626 H.C.: 74 Fat: 11 Pr: 27	

WEDNESDAY	
24-MAR. -21-APR.	
CHICKEN & MINT SOUP	
CANARIAN CHICKPEAS "ROPAVIEJA" STEW WITH POTATOES	G
BREAD	
FRESH FRUIT	
Kcal: 783 H.C.: 81 Fat: 22 Pr: 37	

THURSDAY	
25-MAR. -22-APR.	
RED BEANS SOUP	
SPAGHETTI BOLOGNESE	 G
GRATED CHEESE	
BREAD	
JELLY	
Kcal: 808 H.C.: 140 Fat: 14 Pr: 47	

FRIDAY	
26-MAR. -23-APR.	
VEGETABLES PUREE	
TUNA PASTIES	Fr
COLOURFUL SALAD	
BROWN BREAD	
FRESH FRUIT	
Kcal: 742 H.C.: 85 Fat: 38 Pr: 15	

Complete information on Ingredients, as well as the Nutritional Assessment of the Menu, can be obtained through your Educational Center. In compliance with Regulation (EU) No. 1169/2011 of the European Parliament and Council and the R.D. 126/2015

QUALITY AND NUTRITION DEPARTMENT. RESPONSABLE: ANA GOYA (SPECIALIST TECH. IN DIETETICS)

* THE MENU CONTAINS GLUTEN DAILY



A OVEN/STEAM
G COOKED/STEW
Fr FRIED

