

**MENU MARZO 2019 COLEGIO SAGRADO CORAZÓN - FUNDACIÓN IGAREDA**

<b>LUNES</b>	<b>MARTES</b>	<b>MIERCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>
				<b>1</b>
				<b>NO LECTIVO</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>NO LECTIVO</b>	<b>GARBANZOS ESTOFADOS</b> (Chikpeas stew)	<b>PURE DE VERDURA</b> (Vegetable puree)	<b>ARROZ TRES DELICIAS</b> (Fried rice)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)
	<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>TORTILLA DE PATATA CON ENSALADA</b> (Spanish omelette and salad)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)
	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>LENTEJAS CON CHORIZO</b> (Lentils and sausage)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>PATATAS RIOJANA</b> (Stewed potatoes)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>PURE DE VERDURA</b> (Vegetable puree)
<b>SAN JACOBO CON ENSALADA</b> (Pork loin "Cord Bleu" stuffed with ham and cheese)	<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)	<b>PECHUGA DE POLLO CON ENSALADA</b> (Chicken breast and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>TORTILLA DE PATATA CON ENSALADA</b> (Spanish omelette and salad)
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>GARBANZOS ESTOFADOS</b> (Chikpeas stew)	<b>ENTREMESES</b> (appetizers)	<b>LENTEJAS CON CHORIZO</b> (Lentils and sausage)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>PATATAS RIOJANA</b> (Stewed potatoes)
<b>CROQUETAS CON ENSALADA</b> (croquettes and salad)	<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>FILETE RUSO CON ENSALADA</b> (Pork Steak and salad)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)
<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>HELADO</b> (Helado)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>ENTREMESES</b> (appetizers)	<b>ARROZ TRES DELICIAS</b> (Fried rice)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>PATATAS RIOJANA</b> (Stewed potatoes)	<b>PURE DE VERDURA</b> (Vegetable puree)
<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)	<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)	<b>TORTILLA DE PATATA CON ENSALADA</b> (Spanish omelette and salad)
<b>HELADO</b> (Helado)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)