

**MENU ENERO 2020 COLEGIO SAGRADO CORAZÓN - FUNDACIÓN IGAREDA**

<b>LUNES</b>	<b>MARTES</b>	<b>MIERCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>
		<b>8</b>	<b>9</b>	<b>10</b>
NO LECTIVO	NO LECTIVO	<b>PURRUSALDA</b> (Purrusalda)	<b>LENTEJAS CON CHORIZO</b> (Lentils and sausage)	<b>ESPAGUETIS CON TOMATE</b> (Pasta in tomato sauce)
		<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)
		<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)	<b>FRUTA/YOGURT</b> (Fruit/Yoghurt)
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>POTAJE DE GARBANZOS</b> (chickpea stew)	<b>RAGOUT</b> (Ragout)	<b>PURE DE VERDURA</b> (Vegetable puree)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>LENTEJAS CON CHORIZO</b> (Lentils and sausage)
<b>SALCHICHAS CON ENSALADA</b> (Sausages and salad)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>TORTILLA ESPAÑOLA CON ENSALADA</b> (Spanish omelette and salad)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)	<b>FILETE RUSO CON CHIPS</b> (Pork Steak and chips)
<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>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>ARROZ CON CARNE</b> (Meat and rice)	<b>JUDIAS VERDES CON TOMATE</b> (Green Beans With Tomato)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>PATATAS RIOJANA</b> (Stewed potatoes)	<b>ESPAGUETIS CON GAMBAS</b> (Spaghetti with prawns)
<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>PECHUGA DE POLLO CON ENSALADA</b> (Chicken breast and salad)	<b>ALBONDIGAS CON CHIPS</b> (Meatball and chips)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken and salad)	<b>FILETE DE LOMO CON ENSALADA</b> (Tenderloin 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>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>PURE DE VERDURA</b> (Vegetable puree)	<b>POTAJE DE GARBANZOS</b> (chickpea stew)	<b>MACARRONES CON TOMATE</b> (Pasta in tomato sauce)	<b>ALUBIAS ESTOFADAS</b> (Baked beans)	<b>PURRUSALDA</b> (Purrusalda)
<b>SAN JACOBO CON CHIPS</b> (Pork loin "Cord Bleu" stuffed with ham and cheese)	<b>PESCADO CON ENSALADA</b> (Fish and salad)	<b>TORTILLA FRANCESA CON ENSALADA</b> (French omelette and salad)	<b>CROQUETAS CON PATATAS FRITAS</b> (croquettes and chips)	<b>POLLO ASADO CON ENSALADA</b> (Roast chicken 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)