

MENU FEBRERO 2020 COLEGIO SAGRADO CORAZÓN - FUNDACIÓN IGAREDA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3	4	5	6	7
POTAJE DE GARBANZOS (chickpea stew)	PASTA CON GAMBAS (Spaghetti with prawns)	ALUBIAS ESTOFADAS (Baked beans)	PATATAS RIOJANA (Stewed potatoes)	PURE DE VERDURA (Vegetable puree)
PESCADO CON CHIPS (Fish and chips)	SAN JACOBO CON CHIPS (Pork loin "Cord Bleu" stuffed with ham and cheese)	FILETE DE LOMO CON PATATAS (Tenderloin and chips)	POLLO ASADO CON ENSALADA (Roast chicken and salad)	FILETE RUSO CON CHIPS (Pork Steak and chips)
FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)
10	11	12	13	14
LENTEJAS CON CHORIZO (Lentils and sausage)	RAGOUT (Ragout)	PASTA CON TOMATE (Pasta in tomato sauce)	PURE DE VERDURA (Vegetable puree)	ARROZ TRES DELICIAS (Fried rice)
SALCHICHAS CON CHIPS (Sausages and chips)	PESCADO CON ENSALADA (Fish and salad)	ALBONDIGAS CON CHIPS (Meatball and chips)	TORTILLA ESPAÑOLA CON ENSALADA (Spanish omelette and salad)	PECHUGA DE POLLO CON ENSALADA (Chicken breast and salad)
FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)
17	18	19	20	21
POTAJE DE GARBANZOS (chickpea stew)	JUDIAS VERDES CON TOMATE (Green Beans With Tomato)	ALUBIAS ESTOFADAS (Baked beans)	ARROZ CON CARNE (Meat and rice)	PASTA CON TOMATE (Pasta in tomato sauce)
FILETE DE LOMO CON PATATAS (Tenderloin and chips)	POLLO ASADO CON CHIPS (Roast chicken and chips)	TORTILLA FRANCESA CON CHIPS (French omelette and chips)	PESCADO CON ENSALADA (Fish and salad)	FILETE RUSO CON CHIPS (Pork Steak and chips)
FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)	FRUTA/YOGURT (Fruit/Yoghurt)