

menú

Marzo 2026



ALERGIA FRUTOS SECOS

COMEDOR SALUDABLE



LUNES 2 MONDAY	MARTES 3 TUESDAY	MIÉRCOLES 4 WEDNESDAY	JUEVES 5 THURSDAY	VIERNES 6 FRIDAY
LENTEJAS A LA CASERA CON VERDURAS Home-style lentil stew with vegetables	ARROZ INTEGRAL CON Salsa DE TOMATE Brown rice with tomato sauce	CREMA DE PUERRO, PATATA Y ZANAHORIA Cream of leek, potato and carrot soup	CODITOS CON Salsa DE TOMATE Elbow pasta with tomato sauce	ALUBIAS BLANCAS ESTOFADAS CON VERDURAS Stewed white beans with vegetables
SAJONIA A LA PLANCHA CON PATATAS FRITAS Grilled smoked pork chop with fried potatoes	SALMÓN AL HORNO CON Salsa DE NARANJA Y GUI SANTES Baked salmon with orange sauce and peas	ESCALOPE DE POLLO CON ENSALADA DE LECHUGA Y ZANAHORIA Chicken schnitzel with lettuce and carrot salad	MERLUZA AL HORNO CON ENSALADA DE TOMATE Y CEBOLLA Baked hake with tomato and onion salad	TORTILLA DE ESPINACAS CON ENSALADA DE LECHUGA Y MAÍZ Spinach omelette with lettuce and corn salad
YOGUR, PAN Yoghurt, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 9 MONDAY	MARTES 10 TUESDAY	MIÉRCOLES 11 WEDNESDAY	JUEVES 12 THURSDAY	VIERNES 13 FRIDAY
JUDÍAS VERDES REHOGADAS Sautéed green beans	FIDEUÁ MARINERA Seafood fideuá (noodle paella)	SOPA DE COCIDO Traditional stew broth with noodles	CREMA DE HORTALIZAS ECOLÓGICAS Cream of organic vegetable soup	PAELLA DE VERDURAS Vegetable Paella
ALBÓNDIGAS EN Salsa CON PATATAS Meatballs in sauce with potatoes	TORTILLA DE PAVO CON ENSALADA DE TOMATE Y CEBOLLA Turkey omelette with tomato and onion salad	COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Madriño stew (chickpeas, beef shank, chorizo, potato, carrot)	POLLO ASADO CON PATATAS PANADERA Roast chicken with sliced baked potatoes	VENTRESCA DE MERLUZA CON ENSALADA DE LECHUGA Y MAÍZ Hake filets with lettuce and corn salad
YOGUR, PAN Yoghurt, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 16 MONDAY	MARTES 17 TUESDAY	MIÉRCOLES 18 WEDNESDAY	JUEVES 19 THURSDAY	VIERNES 20 FRIDAY
ESPAQUETIS CON Salsa DE TOMATE Spaguetti with tomato sauce	ALUBIAS PINTAS ESTOFADAS CON VERDURAS Stewed pinto beans with vegetables	ARROZ INTEGRAL MEDITERRÁNEO Mediterranean-style brown rice	CREMA DE CALABACÍN Cream of zucchini soup	LENTEJAS ECOLÓGICAS GUI SADAS CON VERDURAS Organic stewed lentils with vegetables
FILETE DE POLLO A LA PLANCHA CON ENSALADA DE TOMATE Y MAÍZ Grilled chicken fillet with tomato and corn salad	SALMÓN AL HORNO CON ENSALADA DE LECHUGA Y ZANAHORIA Baked salmon with lettuce and carrot salad	HAMBURGUESA DE TERNERA A LA PLANCHA CON PATATAS FRITAS Grilled beef burger with fried potatoes	FILETE DE MERLUZA REBOZADO CON ENSALADA DE LECHUGA Y CEBOLLA Egg-battered hake fillet with lettuce and onion salad	TORTILLA DE ATÚN CON ENSALADA DE LECHUGA Y TOMATE Tuna omelette with lettuce and tomato salad
YOGUR, PAN Yoghurt, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, LECHE, PAN Fruit, milk, bread
LUNES 23 MONDAY	MARTES 24 TUESDAY	MIÉRCOLES 25 WEDNESDAY	JUEVES 26 THURSDAY	<p>Feliz Semana Santa !!</p>
ARROZ CON SALCHICHAS Y Salsa DE TOMATE Rice with sausages and tomato sauce	CREMA DE VERDURAS ECOLÓGICAS Cream of organic vegetable soup	MACARRONES INTEGRALES CON Salsa DE TOMATE Whole wheat macaroni with tomato sauce	SOPA DE COCIDO Traditional stew broth with noodles	
CINTA DE LOMO A LA PLANCHA CON ENSALADA DE LECHUGA Y MAÍZ Grilled pork loin steaks with with lettuce and corn salad	POLLO ASADO CON PATATAS PANADERA Roast chicken with sliced baked potatoes	TORTILLA DE QUESO CON ENSALADA DE LECHUGA Y ZANAHORIA Cheese omelette with lettuce and carrot salad	COCIDO COMPLETO (GARBANZOS, MORCILLO, CHORIZO, PATATA, ZANAHORIA) Madriño stew (chickpeas, beef shank, chorizo, potato, carrot)	
YOGUR, PAN Yoghurt, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	FRUTA, PAN Fruit, bread	

COMIDA	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26
KCAL	702	738	595	601	733	576	628	662	629	691	587	646	659	696	787	683	616	657	662
PROT	33	29	31	21	30	29	22	28	25	24	32	31	21	23	31	29	22	22	28
GRS	36	25	25	19	35	31	23	15	33	26	20	18	28	39	36	33	25	26	15
HC	55	91	57	83	66	42	79	97	74	87	67	79	76	58	76	65	71	78	97

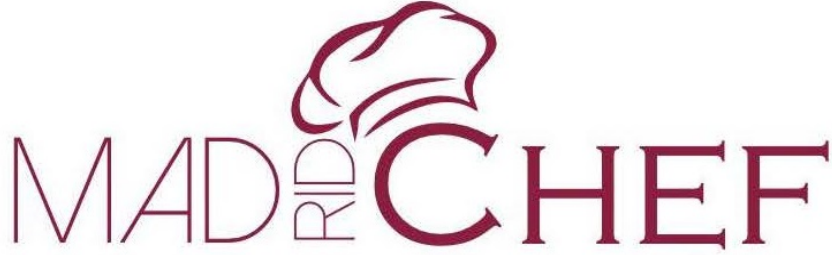


PAN INTEGRAL
dos veces a la semana



CENAS

COLEGIO MADRIGAL



<i>SI HEMOS COMIDO</i>	<i>PODEMOS CENAR</i>
Cereales, féculas o legumbres ...	Hortalizas crudas o legumbres cocidas
Verduras	Cereales o féculas
Carne	Pescado o huevo
Pescado	Carne magra o huevo
Huevo	Pescado o carne magra
Fruta	Lácteos o fruta
Lácteos	Fruta

<i>IF WE HAVE EATEN</i>	<i>WE CAN HAVE DINNER ..</i>
Cereals, starches or legumes	Raw vegetables or cooked legumes
Vegetables	Cereals or starches
Meat	Fish or egg
Fish	Lean meat or egg
Egg	Fish or lean meat
Fruit	Dairy or fruit
Dairy	Fruta



**COMEDOR
SALUDABLE**

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