



Menú Basal

Colegio FUENTES CLARAS
Mayo 2026

LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
27 Fruta fresca de temporada(verano): Manzana, pera, plátano/banana, sandía, melón y naranja La fruta podrá variar en función de la disponibilidad, garantizando en todo caso que sea fruta fresca y de temporada	28	29	30	01 FESTIVO
04 Guiso de lentejas ecológicas con zanahoria, <i>Organic lentils stew with carrot, pepper and</i> Merluza en salsa de tomate casera <i>Hake in home-made tomato sauce</i> Patatas al ajo cabañil <i>Potatoes in "Cabañil" garlic sauce</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 634,5020 prot (gg): 31,90215 lip (gg): 16,5623 hc (gg): 83,3236	05 Macarrones integrales con crema suave de <i>Wholemeal macaroni in a light bechamel</i> Tortilla francesa horno <i>French omelette</i> Ensalada de lechuga y tomate <i>Lettuce and tomato salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 661,97565 prot (gg): 26,32915 lip (gg): 36,4546 hc (gg): 78,81705	06 Brócoli salteado con ajito <i>Sautéed broccoli with garlic</i> Alubias blancas guisadas con sofrito casero <i>White beans stew with home-made stir-fry</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 666,6188 prot (gg): 30,88055 lip (gg): 5,5979 hc (gg): 69,5196	07 Arroz caldoso con verduras <i>Soggy rice with vegetables</i> Bacaladilla al ajoarriero <i>Blue whiting with oil, garlic and peppers</i> Ensalada de lechuga y maíz <i>Lettuce and sweetcorn salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 603,1669 prot (gg): 32,63835 lip (gg): 14,1013 hc (gg): 90,7097	08 Sopa de cocido con picadillo de huevo <i>Stew soup with minced egg</i> Cocido completo estofado <i>Castilian chickpeas stew</i> Yogur y pan <i>Yogurt and Bread</i> Kcal: 662,8897 prot (gg): 34,16665 lip (gg): 33,1748 hc (gg): 74,26325
11 Sopa casera minestrone <i>Minestrone soup</i> Albóndigas en salsa de pimientos <i>Meatballs in pepper sauce</i> Patata panadera al horno <i>Baked sliced potatoes</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 611,26716 prot (gg): 16,8467 lip (gg): 24,7884 hc (gg): 73,5034	12 Crema de calabaza y zanahoria asada <i>Cream of baked pumpkin and carrot soup</i> Taco de garbanzos con pico de gallo <i>Chickpea taco with pico de gallo (tomato and</i> Ensalada de lechuga y aceitunas <i>Lettuce and olives salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 611,09275 prot (gg): 19,76615 lip (gg): 18,2574 hc (gg): 96,8586	nutriab Verdipasta <i>"Verdipasta"</i> Magro con salsa de tomate <i>Lean pork with tomato sauce</i> Ensalada de lechuga y zanahoria <i>Lettuce and carrot salad</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 716,05225 prot (gg): 32,7326 lip (gg): 27,8725 hc (gg): 76,90165	14 Alubias pintas con calabaza <i>Pinto beans with pumpkin</i> Revuelto de queso salteado <i>Cheese sautéed with eggs</i> Ensalada de lechuga y tomate <i>Lettuce and tomato salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 629,6664 prot (gg): 30,0196 lip (gg): 25,80715 hc (gg): 60,1634	15 Arroz integral tres delicias <i>Fried brown rice with vegetables</i> Salmón al horno con eneldo <i>Baked salmon with dill</i> Ensalada de lechuga y maíz <i>Lettuce and sweetcorn salad</i> Yogur y pan <i>Yogurt and Bread</i> Kcal: 760,7921 prot (gg): 37,56015 lip (gg): 36,3293 hc (gg): 90,74765
DÍA SIN GLUTEN Arroz con pollo salteado al wok <i>Wok-fried chicken with vegetables</i> Revuelto de pavo salteado <i>Turkey sautéed with eggs</i> Ensalada de lechuga y maíz <i>Lettuce and sweetcorn salad</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 752,9934 prot (gg): 35,33835 lip (gg): 24,5604 hc (gg): 90,643	19 Macarrones integrales en salsa de tomate <i>Wholemeal macaroni in home-made tomato</i> Filete de pollo moruno al horno <i>Baked morish chicken fillet</i> Ensalada de lechuga y tomate <i>Lettuce and tomato salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 706,6438 prot (gg): 35,9658 lip (gg): 27,27115 hc (gg): 73,57815	JORNADA HAPPY Sopa de cocido con picadillo de huevo <i>Stew soup with minced egg</i> Cocido completo estofado <i>Castilian chickpeas stew</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 581,81905 prot (gg): 27,65415 lip (gg): 18,70245 hc (gg): 68,96185	21 Lentejas ecológicas estofadas con verduras <i>Organic lentils with vegetables</i> Abadejo a la andaluza frito <i>Haddock Andalusian style</i> Patatas dado al ajillo <i>Dice potatoes in garlic sauce</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 683,0214 prot (gg): 36,48295 lip (gg): 30,5459 hc (gg): 65,4785	22 Crema de judía verde, puerro y zanahoria <i>Cream of green beans, leek and carrot soup</i> Alubias salteadas con picada de soja <i>Sauté beans with smoked mincet soya</i> Ensalada de lechuga y zanahoria <i>Lettuce and carrot salad</i> Yogur y pan <i>Yogurt and Bread</i> Kcal: 663,7547 prot (gg): 31,1328 lip (gg): 17,4892 hc (gg): 90,7261
25 Macarrones ecológicos con salsa de tomate <i>Organic macaroni in home-made tomato</i> Revuelto de patatas y calabacín <i>Potatoes and zucchini sautéed with eggs</i> Ensalada de lechuga y aceitunas <i>Lettuce and olives salad</i> Fruta fresca y pan <i>Fresh fruit and Bread</i> Kcal: 692,72205 prot (gg): 25,3297 lip (gg): 26,1118 hc (gg): 85,3195	26 Coliflor bella aurora <i>Cauliflower in Aurora sauce</i> Fajitas de soja con alubias pintas <i>Soy fajitas with pinto beans</i> Ensalada de lechuga y tomate <i>Lettuce and tomato salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 626,5292 prot (gg): 28,99335 lip (gg): 19,2786 hc (gg): 78,3127	27 Lentejas con zanahoria y sofrito de pimiento <i>Lentils with carrot</i> Pollo salteado al ajillo <i>Chicken in garlic sauce</i> Ensalada de lechuga y zanahoria <i>Lettuce and carrot salad</i> Fruta fresca y pan integral <i>Fresh fruit and Bread</i> Kcal: 612,3912 prot (gg): 35,4752 lip (gg): 21,4263 hc (gg): 84,1876	28 Hot poke de arroz integral <i>Brown rice with scrambled eggs, pumpkin and</i> Merluza al horno con ajo y perejil <i>Baked hake with garlic and parsley</i> Ensalada de lechuga y maíz <i>Lettuce and sweetcorn salad</i> Fruta fresca y pan integral <i>Fresh fruit and Wholemeal bread</i> Kcal: 616,47995 prot (gg): 25,6266 lip (gg): 42,62705 hc (gg): 78,8475	29 Crema de calabaza, boniato y puerro <i>Cream of pumpkin, sweet potato and leek</i> Hamburguesa mixta casera horno/plancha <i>Home-made baked or broiled burger</i> Patatas bastón <i>Potatoes sticks</i> Yogur y pan <i>Yogurt and Bread</i> Kcal: 848,6614 prot (gg): 31,47965 lip (gg): 43,8726 hc (gg): 78,4992