COLEGIO NORFOLK INFANTIL

SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	**02**	**03**	**04** Kcal 601 P. 21 Lip. 8 H.C. 105 – WHITE RICE WITH TOMATO SAUCE – GRILLED PORK LOIN – LETTUCE AND TOMATO SALAD – FRESH FRUIT, MILK AND BREAD
07 Kcal 675 P. 26 Lip. 21 H.C. 99 – GRATIN PASTA – ORLY COD – LETTUCE AND CARROT SALAD – FRESH FRUIT, MILK AND BREAD	**08** Kcal 765 P. 20 Lip. 42 H.C. 70 – CHICKEN AND NOODLE SOUP – SPANISH OMELETTE – LETTUCE AND CARROT SALAD – FRESH FRUIT, MILK AND BREAD	**09** Kcal 596 P. 19 Lip. 17 H.C. 85 – COURGETTE SOUP – MEATBALLS WITH SPRING SAUCE – FRESH FRUIT, MILK AND BREAD	**10** Kcal 633 P. 36 Lip. 12 H.C. 87 – STEWED WHITE BEANS – BREADED CHICKEN FILLET – LETTUCE AND TOMATO SALAD – FRESH FRUIT, MILK AND BREAD	**11** Kcal 633 P. 22 Lip. 20 H.C. 94 – FRIED RICE – COD WITH TOMATO SAUCE – FRESH FRUIT, MILK AND BREAD
14 Kcal 593 P. 27 Lip. 9 H.C. 93 ● ECO LENTILS WITH VEGETABLES – SMOKED PORK CHOP – MASHED POTATOES – FRESH FRUIT, MILK AND BREAD	**15** Kcal 717 P. 41 Lip. 13 H.C. 105 – MIXED PAELLA – BREADED FISH FILLET – LETTUCE AND CORN SALAD – FRESH FRUIT, MILK AND BREAD	**16** Kcal 570 P. 28 Lip. 19 H.C. 65 – LEEK AND CARROT SOUP – THIGHS OF CURRY CHICKEN – FRESH FRUIT, MILK AND BREAD	**17** Kcal 572 P. 14 Lip. 13 H.C. 93 – SPAGUETTI WITH TOMATO – HAKE IN GREEN SAUCE – FRESH FRUIT, MILK AND BREAD	**18** Kcal 516 P. 26 Lip. 17 H.C. 55 – SAUTÉED GREEN BEANS – BEEF STEW – FRESH FRUIT, MILK AND BREAD
21 Kcal 752 P. 33 Lip. 21 H.C. 99 – RIOJANO RICE – BOILED EGGS WITH TUNA AND TOMATO – FRESH FRUIT, MILK AND BREAD	**22** Kcal 517 P. 27 Lip. 14 H.C. 76 – STEWED CHICKPEAS – BATTERED COD – LETTUCE AND CORN SALAD – FRESH FRUIT, MILK AND BREAD	**23** Kcal 697 P. 26 Lip. 20 H.C. 97 – POTATOES AU GRATIN – BEEF BURGER IN SAUCE WITH PUMPKIN AND PEAS – FRESH FRUIT, MILK AND BREAD	**24** Kcal 546 P. 15 Lip. 18 H.C. 73 – VEGETABLE SOUP – HOME-MADE CORDON BLEU – LETTUCE AND CARROT SALAD – FRESH FRUIT, MILK AND BREAD	**25** Kcal 654 P. 35 Lip. 15 H.C. 87 – NAPOLITAN FUSILLI – STEWED FISH – FRESH FRUIT, MILK AND BREAD
28 Kcal 551 P. 27 Lip. 9 H.C. 84 – LENTILS WITH VEGETABLES – GRILLED PORK LOIN – LETTUCE AND OLIVES SALAD – FRESH FRUIT, MILK AND BREAD	**29** Kcal 718 P. 34 Lip. 17 H.C. 103 – ITALIAN MACARONI – BREADED FISH FILLET – LETTUCE AND TOMATO SALAD – FRESH FRUIT, MILK AND BREAD	**30** Kcal 738 P. 42 Lip. 29 H.C. 68 – CAULIFLOWER WITH BECHAMEL SAUCE – ROAST CHICKEN – FRIED POTATO – FRESH FRUIT, MILK AND BREAD		

Este establecimiento tiene disponible para su consulta la información relativa a la presencia de alérgenos de nuestros productos.

● This point indicates the dishes and days with certified organic products or of agro-ecological origin.

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MAGAZINE DE ALIMENTACIÓN Y SALUD

Dinner

FOOD EATEN AT LUNCHTIME	DINNER SUGGESTIONS
Rice, pasta, potatoes or pulses	Raw or cooked vegetables
Vegetables	Rice, pasta or potatoes
Meat	Fish or egg
Fish	Meat or egg
Egg	Fish or meat
Fruit	Dairy or fruit
Dairy	Fruit

AENOR
PROTOCOLO FRENTE AL COVID-19
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ESPECIALISTAS EN ALIMENTACIÓN

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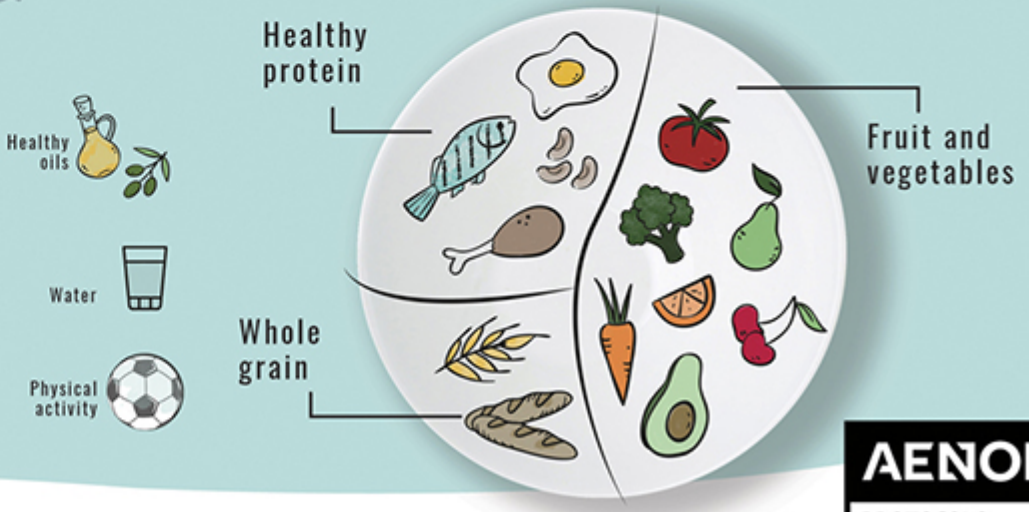
LOCAL responsible agroecology TASTY healthy

We share values that make us better

Healthy eating, together with adequate physical activity, is essential for our quality of life.
An environmentally friendly diet is basic for the future generations to live in a cleaner and more sustainable environment.
Whenever you trust Gastronomic, there is a team of well trained professionals behind, so that you eat well, healthily and responsibly.



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