COLEGIO NORFOLK INFANTIL

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01
04	05	06	07	08
11 Kcal 558 Lip. 10 P. 12 H.C. 96 – PUMPKIN SOUP – VILLARROY EGGS – LETTUCE AND OLIVES SALAD – FRESH FRUIT, MILK AND BREAD	12 Kcal 582 Lip. 9 P. 25 H.C. 93 – WHITE RICE WITH TOMATO SAUCE – GRILLED HAKE FILLET – LETTUCE AND TOMATO SALAD – FRESH FRUIT, MILK AND BREAD	13 Kcal 494 Lip. 10 P. 19 H.C. 72 – GARLIC PEAS – ROAST CHICKEN – FRIED POTATO – FRESH FRUIT, MILK AND BREAD	14 Kcal 591 Lip. 10 P. 36 H.C. 86 ● ECO LENTILS WITH VEGETABLES – BREADED FISH FILLET – LETTUCE AND CARROT SALAD – FRESH FRUIT, MILK AND BREAD	15 Kcal 644 Lip. 22 P. 24 H.C. 89 – WOK MACARONI WITH VEGETABLES – BURGER MEAT WITH SPRING SAUCE – FRESH FRUIT, MILK AND BREAD
18 Kcal 725 Lip. 20 P. 26 H.C. 103 – FRIED RICE – HAKE WITH TOMATO SAUCE – FRESH FRUIT, MILK AND BREAD	19 Kcal 505 Lip. 7 P. 26 H.C. 80 – STEWED WHITE BEANS WITH VEGETABLES – GRILLED PORK LOIN – LETTUCE AND CORN SALAD – FRESH FRUIT, MILK AND BREAD	20 Kcal 667 Lip. 12 P. 43 H.C. 89 – FIDEUÁ – STEWED FISH – FRESH FRUIT, MILK AND BREAD	21 Kcal 573 Lip. 15 P. 27 H.C. 76 – COCIDO SOUP – MADRILENIAN STEW – FRESH FRUIT, MILK AND BREAD	22 Kcal 701 Lip. 23 P. 20 H.C. 99 – STEWED POTATOES – CHICKEN NUGGETS – LETTUCE AND OLIVES SALAD – FRESH FRUIT, MILK AND BREAD
25 Kcal 596 Lip. 10 P. 29 H.C. 93 – NAPOLITAN PASTA – MEUNIERE HAKE – FRESH FRUIT, MILK AND BREAD	26 Kcal 546 Lip. 16 P. 18 H.C. 78 – SAUTÉED GREEN BEANS – HAM OMELETTE – LETTUCE AND CARROT SALAD – FRESH FRUIT, MILK AND BREAD	27 Kcal 611 Lip. 11 P. 30 H.C. 93 – LENTILS STEW – BREADED FISH FILLET – LETTUCE AND TOMATO SALAD – FRESH FRUIT, MILK AND BREAD	28 Kcal 644 Lip. 23 P. 28 H.C. 72 – VEGETABLE SOUP – CHILINDRON STYLE CHICKEN – FRESH FRUIT, MILK AND BREAD	29 Kcal 507 Lip. 15 P. 19 H.C. 71 – CHICKEN AND NOODLE SOUP – MEATBALLS IN CAZADORA SAUCE – 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
GB CORPORACION

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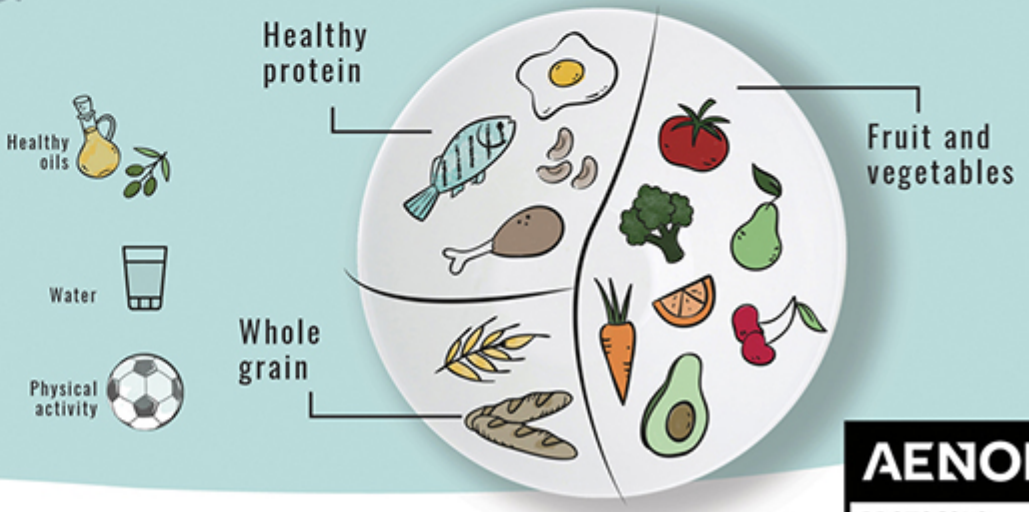
LOCAL responsible agroecology TASTY healthy

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.



Gastronomic
Calle del Arte, 15 · 28033 Madrid
91 302 02 20

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