

February 2019

NBASAL: BASIC

INFANTIL / COMIDA / TURNO 01

Monday	Tuesday	Wednesday	Thursday	Friday
				1 KCal. 561 H.C. 69 Lip. 24 P. 19 VEGETABLE PURÉE AUSOLAN SPANISH POTATO OMELETTE • LETTUCE YOGHURT MIFIBRA BREAD
4 KCal. 824 H.C. 84 Lip. 46 P. 20 ORGANIC BORAGE WITH POTATOES HAM CROQUETTES • LETTUCE YOGHURT MIFIBRA BREAD	5 KCal. 699 H.C. 75 Lip. 27 P. 42 POCHA WHITE BEANS ROASTED TUNA STEAK WITH POTATOES • LETTUCE CENTERPIECE FRESH FRUIT MIFIBRA BREAD	6 KCal. 549 H.C. 65 Lip. 21 P. 26 THISTLE CREAM SOUP PORK STEAK IN ORANGE SAUCE FRESH FRUIT MIFIBRA BREAD	7 KCal. 713 H.C. 107 Lip. 20 P. 29 RICE WITH TOMATO SOUCE ROAST CHICKEN LEG WITH MUSHROOMS FRESH FRUIT MIFIBRA BREAD	8 KCal. 562 H.C. 57 Lip. 22 P. 37 STEW SOUP VEAL STEW • LETTUCE CENTERPIECE FRESH FRUIT MIFIBRA BREAD
11 KCal. 587 H.C. 51 Lip. 31 P. 28 GREEN BEANS WITH POTATOES MEATBALLS IN SAUCE FRESH FRUIT MIFIBRA BREAD	12 KCal. 687 H.C. 77 Lip. 27 P. 35 LENTILS GARDENER STYLE OVEN-BAKED CODFISH WITH VEGETABLES • LETTUCE CENTERPIECE JAM CAKE MIFIBRA BREAD	13 KCal. 546 H.C. 88 Lip. 16 P. 15 VEGETABLE CREAM SOUP FRESH SPIRAL PASTA WITH TOMATO • LETTUCE CENTERPIECE FRESH FRUIT MIFIBRA BREAD	14 KCal. 654 H.C. 86 Lip. 22 P. 33 POTATOES SAILOR STYLE FRESH PORK LOIN WITH TOMATO SAUCE FRESH FRUIT MIFIBRA BREAD	15 KCal. 688 H.C. 81 Lip. 33 P. 41 CHICKPEAS BY THEMSELVES BATTER-COATED DAB FILLET • LETTUCE FRESH FRUIT MIFIBRA BREAD
18 KCal. 537 H.C. 56 Lip. 22 P. 31 FISH SOUP MARINATED PORK LOIN WITH RATATOUILLE • LETTUCE CENTERPIECE YOGHURT MIFIBRA BREAD	19 KCal. 642 H.C. 64 Lip. 28 P. 37 STEWED SWIS CHARD CHICKEN IN A MILD MUSTARD SAUCE # FRESH FRUIT MIFIBRA BREAD	20 KCal. 612 H.C. 100 Lip. 14 P. 26 ELBOW PASTA WITH TOMATO HAKE FILLET IN GREEN SAUCE FRESH FRUIT MIFIBRA BREAD	21 KCal. 592 H.C. 83 Lip. 19 P. 26 PINTA BEANS AUSOLAN SPANISH OMELETTE WITH PEPPER • LETTUCE FRESH FRUIT MIFIBRA BREAD	22 KCal. 579 H.C. 68 Lip. 27 P. 16 PUMPKIN CREAM SOUP HAKE WITH HAM AND CHEESE • LETTUCE FRESH FRUIT MIFIBRA BREAD
25 KCal. 615 H.C. 82 Lip. 17 P. 36 LENTILS WITH CHIA AJOARRIERO COD FRESH FRUIT MIFIBRA BREAD	26 KCal. 735 H.C. 105 Lip. 24 P. 30 CUBAN RICE ROAST CHICKEN LEG • LETTUCE FRESH FRUIT MIFIBRA BREAD	27 KCal. 653 H.C. 61 Lip. 35 P. 26 HOMEMADE GREEN BEANS RUSSIAN STEAK WITH MUSHROOMS • LETTUCE CENTERPIECE FRESH FRUIT MIFIBRA BREAD	28 KCal. 666 H.C. 78 Lip. 23 P. 40 WHITE BEANS BILBAINA STYLE BATTER-COATED CODFISH FILLET • LETTUCE YOGHURT MIFIBRA BREAD	