

Luns Monday	Martes Tuesday	Mércores Wednesday	Xoves Thursday	Venres Friday
----------------	-------------------	-----------------------	-------------------	------------------



**1** festa

- 2** Fabas estofadas  
Pescadilla ao forno con pisto  
Froita de tempada  
Verdura / Carne magra / Pasta / Froita  
Bean stew  
Baked hake with ratatouille  
Seasonal fruit  
Vegetable / Lean meat / Pasta / Fruit
- 3** Xudías verdes con tomate  
Ragout de porco con verduras e patacas  
Froita de tempada  
Verdura / Legume / Ovo / Froita  
Green beans with tomato  
Pork ragout with vegetables and potatoes  
Seasonal fruit  
Vegetable / Legume / Egg / Fruit

- 6** Arroz con tomate  
Pescada en salsa con chicharos  
logur  
Verdura / Legume / Ovo / Froita  
Rice with tomatoe sauce  
Hake in marine sauce with peas  
Yoghurt  
Vegetable / Legume / Egg / Fruit
- 7** Fabas con verduras de tempada  
Lombo de porco ao forno  
Ensalada de leituga  
Froita de tempada  
Verdura / Peixe / Lácteo  
Bean stew  
Marinated pork loin with salad  
Seasonal fruit  
Vegetable / Fish / Dairy
- 8** Sopa de ave con fideos  
Albóndigas mixtas a xardineira  
Arroz salteado  
logur  
Verdura / Ovo / Arroz / Lácteo  
Noodle soup  
Meatballs with vegetables and rice  
Yoghurt  
Vegetable / Egg / Rice / Dairy

- 9** Estofado de lentellas  
Tortilla francesa  
Ensalada de leituga  
Froita de tempada  
Verdura / Peixe / Pasta / Froita  
Lentil stew  
Omelette  
Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Pasta / Fruit
- 10** Crema de cabaza  
San Xacobe de xamón e queixo con patacas asadas ao forno  
Froita de tempada  
Verdura / Peixe / Pataca / Lácteo  
Cream of pumpkin soup  
Cordon bleu with potatoes  
Seasonal fruit  
Vegetable / Fish / Potatoe / Dairy

- 13** Crema de verduras  
Salmón a la naranja  
Puré de patacas  
logur  
Verdura / Legume / Carne Magra / Froita  
Cream of vegetables soup  
Salmon  
Potatoe cream  
Yoghurt  
Vegetable / Legume / Lean Meat / Fruit
- 14** Potaxe de garavanzos con verduras de tempada  
Tortilla de pataca  
Ensalada de leituga  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Chickpea stew  
Spanish omelette  
Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy
- 15** Macarróns con tomate  
Pescada ao forno con pisto de verduras  
Patacas  
logur  
Verdura / Legume / Ovo / Froita  
Macaroni with tomato  
Hake in tomatoe sauce and vegetables  
Fried potatoes  
Yoghurt  
Vegetable / Legume / Egg / Fruit

- 16** Fabas estofadas  
Hamburguesa mixta ao forno  
Ensalada de leituga  
Froita de tempada  
Verdura / Peixe / Pasta / Froita  
Pinto bean stew  
Roasted hamburger  
Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Pasta / Fruit



**17** día das letras

- 20** festa
- 21** Lentellas a xardineira  
Pavo guisado con verduras e patacas  
Arroz salteado  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Lentil stew  
Turkey stew with vegetables and rice  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy
- 22** Patacas guisadas con tenreira  
Tortilla francesa  
Ensalada de leituga  
logur  
Verdura / Legume / Peixe / Froita  
Potatoes with beef  
Omelette  
Lettuce salad  
Yoghurt  
Vegetable / Legume / Fish / Fruit

- 23** Cocido de garavanzos co seu compango  
Pescada con salsa de cabaciño  
Ensalada de leituga  
Froita de tempada  
Verdura / Ovo / Lácteo  
Chickpea stew  
Fish in zucchini sauce  
Lettuce salad  
Seasonal fruit  
Vegetable / Egg / Dairy
- 24** Xudías verdes con xamón, allo salteado e tomate  
Xamón de porco asado con verduras e patacas  
Froita de tempada  
Verdura / Peixe / Arroz / Froita  
Sauteed green beans with ham and tomato  
Roasted pork with vegetables and potatoes  
Seasonal fruit  
Vegetable / Fish / Rice / Fruit

- 27** Macarróns con tomate  
Pescada ao forno con salsa de cabaciño  
logur  
Verdura / Carne magra / Froita  
Macaroni with tomato sauce  
Hake in zucchini sauce  
Yoghurt  
Vegetable / Lean meat / Fruit
- 28** Fabas con verduras de tempada  
Tortilla de pataca  
Ensalada de leituga  
Froita de tempada  
Verdura / Carne / Arroz / Lácteo  
Pinto bean stew  
Spanish omelette  
Lettuce salad  
Seasonal fruit  
Vegetable / Meat / Rice / Dairy
- 29** Crema de cabaza  
Albóndigas mesturadas guisadas con verduras de tempada  
logur  
Legume / Peixe / Ovo / Froita  
Cream of pumpkin soup  
Meatballs with vegetables  
Yoghurt  
Legume / Fish / Egg / Fruit

- 30** Lentellas a xardineira  
Delicias de pescada  
Ensalada de leituga  
Froita de tempada  
Verdura / Arroz / Ovo / Lácteo  
Lentil stew  
Fish wands  
Lettuce salad  
Seasonal fruit  
Vegetable / Rice / Egg / Dairy
- 31** Sopa minestrone con pasta  
Peituga de polo ao forno con patacas  
Froita de tempada  
Verdura / Ovo / Peixe / Froita  
Vegetable soup  
Chicken breast with potatoes  
Seasonal fruit  
Vegetable / Egg / Fish / Fruit

O menú inclúe auga e pan. Estes menús foron revisados e aprobados polo equipo Ausolan de nutricionistas dietistas rexistrados. Por causa de forza maior, Ausolan resérvase o dereito de facer cambios no menú. These menu includes water and bread. These menus were reviewed and approved by Ausolan's team of nutritionists. Ausolan may change the menu due to reasons of force majeure

Froitas de tempada: mazá, pera, plátano, laranxa e sandía  
Seasonal fruits: apple, pear, banana, orange and watermelon

Uso de sal iodada na elaboración de prato  
Use of iodized salt in the preparation of dishes

No comedor sérvense cantidades segundo a idade dos nenos  
In the dining room, quantities are served according to the age of the diners.