

# MENÚ SUGERENCIAS DE CENAS MAYO



ALAMEDA  
INTERNATIONAL  
SCHOOL

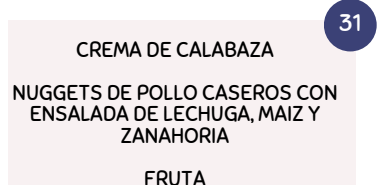
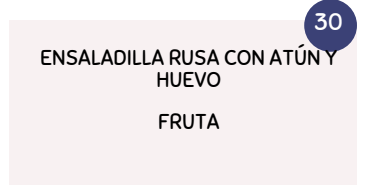
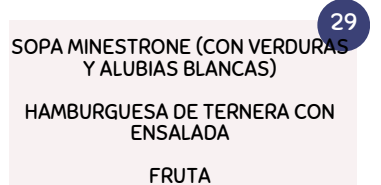
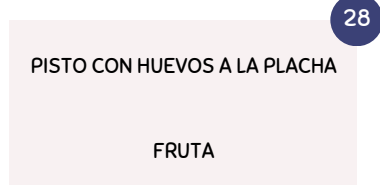
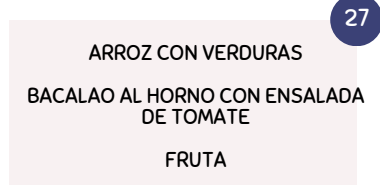
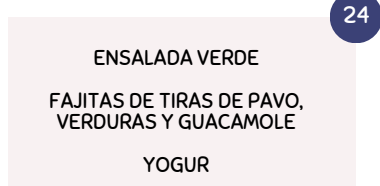
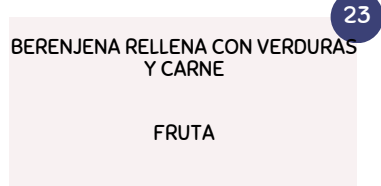
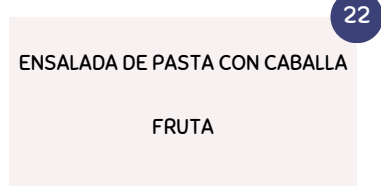
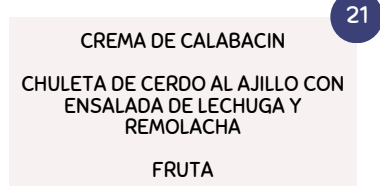
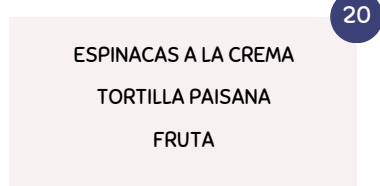
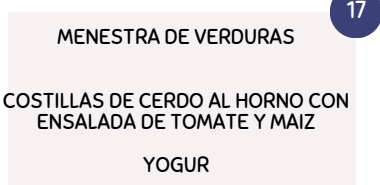
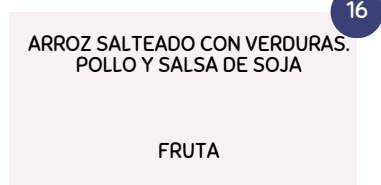
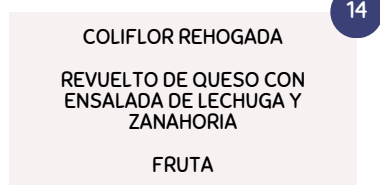
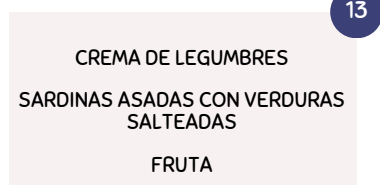
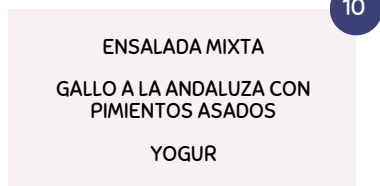
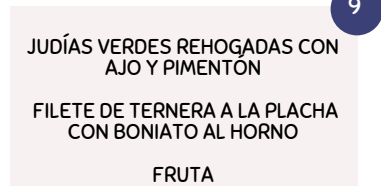
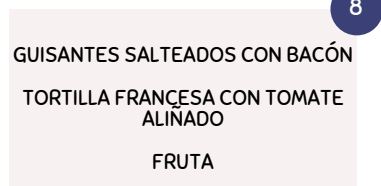
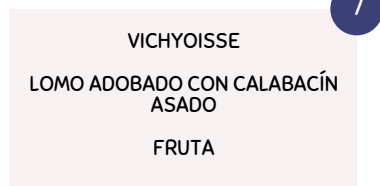
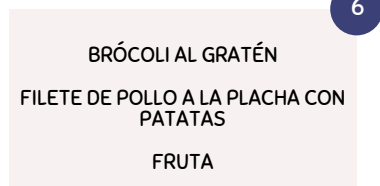
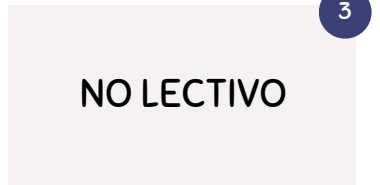
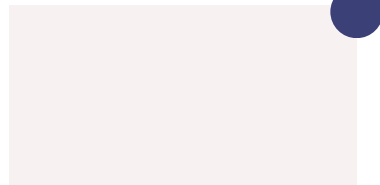
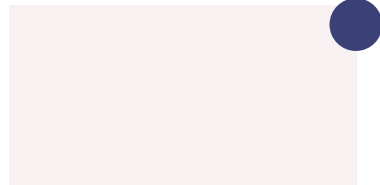
LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



FESTIVO

FESTIVO

NO LECTIVO

BRÓCOLI AL GRATÉN

FILETE DE POLLO A LA PLACHA CON  
PATATAS

FRUTA

VICHYOISSE

LOMO ADOBADO CON CALABACÍN  
ASADO

FRUTA

GUISANTES SALTEADOS CON BACÓN

TORTILLA FRANCESA CON TOMATE  
ALINADO

FRUTA

JUDÍAS VERDES REHOGADAS CON  
AJO Y PIMENTÓN

FILETE DE TERNERA A LA PLACHA  
CON BONIATO AL HORNO

FRUTA

ENSALADA MIXTA

GALLO A LA ANDALUZA CON  
PIMIENTOS ASADOS

YOGUR

CREMA DE LEGUMBRES

SARDINAS ASADAS CON VERDURAS  
SALTEADAS

FRUTA

COLIFLOR REHOGADA

REVUELTO DE QUESO CON  
ENSALADA DE LECHUGA Y  
ZANAHORIA

FRUTA

SAN ISIDRO

FESTIVO

ARROZ SALTEADO CON VERDURAS,  
POLLO Y SALSA DE SOJA

FRUTA

MENESTRA DE VERDURAS

COSTILLAS DE CERDO AL HORNO CON  
ENSALADA DE TOMATE Y MAIZ

YOGUR

ESPINACAS A LA CREMA

TORTILLA PAISANA

FRUTA

CREMA DE CALABACIN

CHULETA DE CERDO AL AJILLO CON  
ENSALADA DE LECHUGA Y  
REMOLACHA

FRUTA

ENSALADA DE PASTA CON CABALLA

FRUTA

BERENJENA RELLENA CON VERDURAS  
Y CARNE

FRUTA

ENSALADA VERDE

FAJITAS DE TIRAS DE PAVO,  
VERDURAS Y GUACAMOLE

YOGUR

ARROZ CON VERDURAS

BACALAO AL HORNO CON ENSALADA  
DE TOMATE

FRUTA

PISTO CON HUEVOS A LA PLACHA

FRUTA

SOPA MINISTRONE (CON VERDURAS  
Y ALUBIAS BLANCAS)

HAMBURGUESA DE TERNERA CON  
ENSALADA

FRUTA

ENSALADILLA RUSA CON ATÚN Y  
HUEVO

FRUTA

CREMA DE CALABAZA  
NUGGETS DE POLLO CASEROS CON  
ENSALADA DE LECHUGA, MAIZ Y  
ZANAHORIA

FRUTA

