

Luns Monday	Martes Tuesday	Mércores Wednesday	Xoves Thursday	Venres Friday
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**1** festa

**2** Arroz con verduras  
San xacobe de xamón e queixo con ensalada  
Froita de tempada  
Verdura / Peixe / Lácteo  
Rice with vegetables  
Cordon bleu with salad  
Seasonal fruit  
Vegetable / Fish / Dairy

**3** Sopa de ave con fideos  
Albóndigas mixta en salsa de tomate con arroz  
Froita de tempada  
Verdura / Ovo / Arroz / Lácteo  
Noodle soup  
Meatballs in tomato sauce with rice  
Seasonal fruit  
Vegetable / Egg / Rice / Dairy

**4** Lentellas a xardiñeira  
Tortilla francesa ao forno con ensalada  
Froita de tempada  
Verdura / Peixe / Pasta / Froita  
Lentil stew  
Omelette Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Pasta / Fruit

**5** Crema de cabaza  
Lombo aderezado con ensalada  
Froita de tempada  
Verdura / Peixe / Pataca / Lácteo  
Cream of pumpkin soup  
Marinated pork loin with salad  
Seasonal fruit  
Vegetable / Fish / Potatoe / Dairy

**8** Crema de verduras  
Varitas de pescada con ensalada  
logur natural  
Verdura / Legume / Carne Magra / Froita  
Cream of vegetables soup  
Fish wands Lettuce salad  
Natural yoghurt  
Vegetable / Legume / Lean Meat / Fruit

**9** Potaxe de garavanzos con verduras de tempada  
Tortilla de pataca con ensalada  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Chickpea stew  
Spanish omelette Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy

**10** Macarróns con tomate  
Pescada ao forno con pisto de verduras  
Froita de tempada  
Verdura / Legume / Ovo / Froita  
Macaroni with tomato  
Hake in tomatoe sauce and vegetables  
Seasonal fruit  
Vegetable / Legume / Egg / Fruit

**11** Fabas a xardiñeira  
Hamburguesa mixta ao forno  
Ensalada de leituga  
Froita de tempada  
Verdura / Peixe / Pasta / Froita  
Bean stew  
Roasted hamburger Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Pasta / Fruit

**12** Menestra de verduras  
Xamonciños de polo ao limón con patacas  
Froita de tempada  
Verdura / Legume / Ovo / Froita  
Vegetable stew  
Lemon chicken breast with potatoes  
Seasonal fruit  
Vegetable / Legume / Egg / Fruit

**15** Paella mixta  
Filete de pescada empanado ao forno  
Ensalada de leituga  
logur natural  
Verdura / Ovo / Legume / Froita  
Paella  
Baked breaded hake Lettuce salad  
Natural yoghurt  
Vegetable / Egg / Legume / Fruit

**16** Lentellas a xardineira  
Pavo guisado con cenoría, chicharos e patacas  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Lentil stew  
Turkey stew with vegetables  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy

**17** Patacas guisadas con tenreira  
Tortilla francesa con ensalada  
Froita de tempada  
Verdura / Legume / Peixe / Froita  
Potatoes with beef  
Omelette Lettuce salad  
Seasonal fruit  
Vegetable / Legume / Fish / Fruit

**18** Sopa de ave con fideos  
Pizza de xamón e queixo  
Ensalada de leituga  
Froita de tempada  
Verdura / Ovo / Lácteo  
Noodle soup  
Pizza Lettuce salad  
Seasonal fruit  
Vegetable / Egg / Dairy

**19** 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

**22** Caracolillos con tomate  
Bacallau á romana con pataca  
logur natural  
Verdura / Carne magra / Froita  
Macaroni with tomato  
Battered cod with potatoes  
Natural yoghurt  
Vegetable / Lean meat / Fruit

**23** Fabas pintas á xardiñeira  
Tortilla de patata al horno con ensalada  
Froita de tempada  
Verdura / Carne / Arroz / Lácteo  
Pinto bean stew  
Spanish omelette Lettuce salad  
Seasonal fruit  
Vegetable / Meat / Rice / Dairy

**24** Crema cabaza e cenoria  
Albóndigas mixtas, chicharos e verdura de tempada  
Froita de tempada  
Legume / Peixe / Ovo / Froita  
Cream of pumpkin soup  
Meatballs with vegetables  
Seasonal fruit  
Legume / Fish / Egg / Fruit

**25** Potaxe de lentellas cabaciña e cenoria  
Delicias de peixe frito con ensalada  
Froita de tempada  
Verdura / Arroz / Ovo / Lácteo  
Lentil stew  
Fish wands Lettuce salad  
Seasonal fruit  
Vegetable / Rice / Egg / Dairy

**26** Sopa minestrone con pasta  
Peituga de polo ao forno con patacas asada  
Froita de tempada  
Verdura / Ovo / Peixe / Froita  
Vegetable soup  
Chicken breast with potatoes  
Seasonal fruit  
Vegetable / Egg / Fish / Fruit

**29** Crema de cabaciño, cebola e pataca  
Lirios á andaluzza con cabaciño orly  
logur natural  
Verdura / Legume / Carne Magra / Froita  
Cream of zucchini  
Battered fish with orly zucchini  
Natural yoghurt  
Vegetable / Legume / Lean Meat / Fruit

**30** Potaxe de garavanzos con espinacas  
Tortilla francesa ao forno con ensalada  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Chickpea stew with spinach  
Omelette Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy



Luns Monday	Martes Tuesday	Mércores Wednesday	Xoves Thursday	Venres Friday
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**1** festa

- 2** Fabas con cabaciño, porro, cenoria e pementón  
Pescadilla o forno con pisto de verdura  
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  
Raxo de porco guisado con pementos 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 verduras  
Merluza en salsa mariñeira con chicharos  
logur natural  
Verdura / Legume / Ovo / Froita  
Rice with vegetables  
Hake in marine sauce with peas  
Natural yoghurt  
Vegetable / Legume / Egg / Fruit
- 7** Fabas a xardiñeira  
San xacobe de xamón e queixo con ensalada  
Froita de tempada  
Verdura / Peixe / Lácteo  
Bean stew  
Cordon bleu with salad  
Seasonal fruit  
Vegetable / Fish / Dairy
- 8** Sopa de ave con fideos  
Albóndigas mixta en salsa de tomate con arroz  
logur  
Verdura / Ovo / Arroz / Lácteo  
Noodle soup  
Meatballs in tomato sauce with rice  
Yoghurt  
Vegetable / Egg / Rice / Dairy

- 9** Estofado de lentellas  
Tortilla francesa ao forno con ensalada  
Froita de tempada  
Verdura / Peixe / Pasta / Froita  
Lentil stew  
Omelette Lettuce salad  
Seasonal fruit  
Vegetable / Fish / Pasta / Fruit
- 10** Crema de cabaza  
Lombo aderezado con ensalada  
Froita de tempada  
Verdura / Peixe / Pataca / Lácteo  
Cream of pumpkin soup  
Marinated pork loin with salad  
Seasonal fruit  
Vegetable / Fish / Potatoe / Dairy

- 13** Crema de verduras  
Varitas de pescada con ensalada  
logur natural  
Verdura / Legume / Carne Magra / Froita  
Cream of vegetables soup  
Fish wands  
Lettuce salad  
Natural yoghurt  
Vegetable / Legume / Lean Meat / Fruit
- 14** Potaxe de garavanzos con verduras de tempada  
Tortilla de pataca con ensalada  
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  
Froita de tempada  
Verdura / Legume / Ovo / Froita  
Macaroni with tomato  
Hake in tomatoe sauce and vegetables  
Seasonal fruit  
Vegetable / Legume / Egg / Fruit

- 16** Fabas a xardiñeira  
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



**día das letras**

- 20** Paella mixta  
Filete de pescada empanado ao forno  
Ensalada de leituga  
logur natural  
Verdura / Ovo / Legume / Froita  
Paella  
Baked breaded hake  
Lettuce salad  
Natural yoghurt  
Vegetable / Egg / Legume / Fruit
- 21** Lentellas a xardineira  
Pavo guisado con cenoria, chicharos e patacas  
Froita de tempada  
Verdura / Peixe / Arroz / Lácteo  
Lentil stew  
Turkey stew with vegetables  
Seasonal fruit  
Vegetable / Fish / Rice / Dairy
- 22** Patacas guisadas con tenreira  
Tortilla francesa con ensalada  
Froita de tempada  
Verdura / Legume / Peixe / Froita  
Potatoes with beef  
Omelette Lettuce salad  
Seasonal fruit  
Vegetable / Legume / Fish / Fruit

- 23** Sopa de ave con fideos  
Pizza de xamón e queixo  
Ensalada de leituga  
Froita de tempada  
Verdura / Ovo / Lácteo  
Noodle soup  
Pizza 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  
Sautéed green beans with ham and tomato  
Roasted pork with vegetables and potatoes  
Seasonal fruit  
Vegetable / Fish / Rice / Fruit

- 27** Caracolillos con tomate  
Bacallau á romana con pataca  
logur natural  
Verdura / Carne magra / Froita  
Macaroni with tomato  
Battered cod with potatoes  
Natural yoghurt  
Vegetable / Lean meat / Fruit
- 28** Fabas pintas á xardiñeira  
Tortilla de patata al horno con ensalada  
Froita de tempada  
Verdura / Carne / Arroz / Lácteo  
Pinto bean stew  
Spanish omelette Lettuce salad  
Seasonal fruit  
Vegetable / Meat / Rice / Dairy
- 29** Crema cabaza e cenoria  
Albóndigas mixtas guisadas con verduras de tempada  
Froita de tempada  
Legume / Peixe / Ovo / Froita  
Cream of pumpkin soup  
Meatballs with vegetables  
Seasonal fruit  
Legume / Fish / Egg / Fruit

- 30** Potaxe de lentellas cabaciña e cenoria  
Delicias de peixe frito con ensalada  
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 asada  
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.

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<p><b>3</b> Crema de cabaciño, cebola e pataca Lirios á andaluza con cabaciño orly logur natural Verdura / Legume / Carne Magra / Froita Cream of zucchini Battered fish with orly zucchini Natural yoghurt Vegetable / Legume / Lean Meat / Fruit</p>	<p><b>4</b> Potaxe de garavanzos con espinacas Tortilla francesa ao forno con ensalada Froita de tempada Verdura / Peixe / Arroz / Lácteo Chickpea stew with spinach Omelette Lettuce salad Seasonal fruit Vegetable / Fish / Rice / Dairy</p>	<p><b>5</b> Ensalada de pasta con atún, olivas, millo e ovo Xamunciños de polo con verduras de tempada Froita de tempada Verdura / Legume / Ovo / Froita Pasta salad with tuna, olives, corn and egg Chicken breast with vegetables Seasonal fruit Vegetable / Legume / Egg / Fruit</p>	<p><b>6</b> Fabas con cabaciño, porro, cenoria e pementón Pescadilla o forno con pisto de verdura Froita de tempada Verdura / Carne magra / Pasta / Froita Bean stew Baked hake with ratatouille Seasonal fruit Vegetable / Lean meat / Pasta / Fruit</p>	<p><b>7</b> Xudías verdes con tomate Raxo de porco guisado con pementos 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</p>
<p><b>10</b> Arroz con verduras Merluza en salsa mariñeira con chicharos logur natural Verdura / Legume / Ovo / Froita Rice with vegetables Hake in marine sauce with peas Natural yoghurt Vegetable / Legume / Egg / Fruit</p>	<p><b>11</b> Fabas a xardiñeira San xacobe de xamón e queixo con ensalada Froita de tempada Verdura / Peixe / Lácteo Bean stew Cordon bleu with salad Seasonal fruit Vegetable / Fish / Dairy</p>	<p><b>12</b> Sopa de ave con fideos Albóndigas mixta en salsa de tomate con arroz logur Verdura / Ovo / Arroz / Lácteo Noodle soup Meatballs in tomato sauce with rice Yoghurt Vegetable / Egg / Rice / Dairy</p>	<p><b>13</b> Estofado de lentellas Tortilla francesa ao forno con ensalada Froita de tempada Verdura / Peixe / Pasta / Froita Lentil stew Omelette Lettuce salad Seasonal fruit Vegetable / Fish / Pasta / Fruit</p>	<p><b>14</b> Crema de cabaza Lombo aderezado con ensalada Froita de tempada Verdura / Peixe / Pataca / Lácteo Cream of pumpkin soup Marinated pork loin with salad Seasonal fruit Vegetable / Fish / Potatoe / Dairy</p>
<p><b>17</b> Crema de verduras Varitas de pescada con ensalada logur natural Verdura / Legume / Carne Magra / Froita Cream of vegetables soup Fish wands Lettuce salad Natural yoghurt Vegetable / Legume / Lean Meat / Fruit</p>	<p><b>18</b> Potaxe de garavanzos con verduras de tempada Tortilla de pataca con ensalada Froita de tempada Verdura / Peixe / Arroz / Lácteo Chickpea stew Spanish omelette Lettuce salad Seasonal fruit Vegetable / Fish / Rice / Dairy</p>	<p><b>19</b> Macarróns con tomate Pescada ao forno con pisto de verduras Froita de tempada Verdura / Legume / Ovo / Froita Macaroni with tomato Hake in tomatoe sauce and vegetables Seasonal fruit Vegetable / Legume / Egg / Fruit</p>	<p><b>20</b> Fabas a xardiñeira 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</p>	<p><b>21</b></p>



## vacacións



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 reservase 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.