

OCTUBRE

MARISTAS



ARUME

COCINAMOS PARA TI

| LUNS 01/10/2018 | MARTES 02/10/2018 | MERCORES 03/10/2018 | XOVES 04/10/2018 | VENRES 05/10/2018 |
|----------------------------|-------------------------|------------------------|-----------------------|-----------------------------|
| FIDEOS MARINERA | POTAJE MONTAÑÉS | SOPA | CODITOS NAPOLITANA | PATATA ALI OLI |
| CREMA DE VERDURAS | MENESTRA DE VERDURAS | JUDÍAS SALTEADAS | COLIFLOR A LA GALLEGA | CREMA DE ZANAHORIA |
| LOMO DE CERDO A LA PLANCHA | HUEVOS CON SALCHICHAS | SALMON AL HORNO | PAVO ESTOFADO | HAMBURGUESA |
| MERLUZA A LA ROMANA | RAYA A LA GALLEGA | MILANESA DE CERDO | VARITAS DE MERLUZA | ROTTI DE POLLO |
| PATATA COCIDA | ARROZ BLANCO | PATATA FRITA | PATATA DADO | ARROZ PILLAW |
| ENSALADA | TOMATE ASADO | ENSALADA MIXTA | PIMIENTOS ASADOS | ENSALADA |
| FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO |
| LUNS 08/10/2018 | MARTES 09/10/2018 | MÉRCORES 10/10/2018 | XOVES 11/10/2018 | VENRES 12/10/2018 |
| SPAGUETTIS BOLOÑESA | GARBANZOS CON ESPINACAS | SOPA JULIANA | CALDO DE GRELOS | |
| MENESTRA | CREMA DE CALABACIN | JUDIAS CON JAMON | GUISANTES CON JAMON | |
| SAN JACOBOS | ESTOFADO DE TERNERA | JAMON ASADO | TORTILLA DE PATATA | |
| CAELLA AL HORNO | BACALAO A LA GALLEGA | LIRIOS A LA ROMANA | MERLUZA AL HORNO | FESTIVO |
| PATATA COCIDA | PATATA DADO | PATATA PARISIENE | ENSALADA | |
| ENSALADA | ARROZ BLANCO | PIMIENTOS FRITOS | PISTO | |
| FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO |
| LUNS 15/10/2018 | MARTES 16/10/2018 | MÉRCORES 17/10/2018 | XOVES 18/10/2018 | VENRES 19/10/2018 |
| LENTEJAS | FABADA ASTURIANA | CREMA DE CALABAZA | SPAGUETTI BOLOÑESA | TORTELINI EN SALSA DE QUESO |
| COLES DE BRUSELAS | ENSALADA DE ATUN | SOPA MINSTRONE | ESPINACAS GRATINADAS | MENESTRA |
| LOMO ADOBADO | POLLO ASADO | MILANESA DE CERDO | RABAS | GUIISO DE CHOUPA |
| VARITAS DE MERLUZA | ROLLITOS DE PRIMAVERA | SALMON ALIOLI | ROTTI DE PAVO | HUEVOS CON ESPANADILLAS |
| PATATA FRITA | ARROZ BLANCO | PATATA FRITA | PATATA COCIDA | ARROZ PILLAW |
| ENSALADA | TOMATE ASADO | ENSALADA MIXTA | PIMIENTO ASADO | PURE DE PATATA |
| FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO |
| LUNS 22/10/2018 | MARTES 23/10/2018 | MERCORES 24/10/2018 | XOVES 25/10/2018 | VENRES 26/10/2018 |
| SOPA MARAVILLA | PAELLA DE MARISCO | CALDO GALLEGO | ESPINACAS CON BACON | PATATAS A LA RIOJANA |
| JUDIAS RIOJANA | BROCOLI AL AJILLO | CREMA DE VERDURAS | LENTEJAS | CREMA DE PUERROS |
| LOMO A LA PLANCHA | SAN JACOBO | TORTILLA DE PATATA | POLLO AL AJILLO | CANELONES |
| RAYA FRITA | BACALAO A LA GALLEGA | CAELLA AL HORNO | MERLUZA A LA ROMANA | CALAMARES FRITOS |
| PATATA FRITA | PATATA DADO | ENSALADA MIXTA | ARROZ BLANCO | ENSALADA |
| ENSALADA | PISTO | CALABACIN AL HORNO | PATATA COCIDA | PURE DE PATATA |
| FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO |
| LUNS 29/10/2018 | MARTES 30/10/2018 | MÉRCORES 31/10/2018 | XOVES | VENRES |
| SOPA BULLABESA | POTAJE DE GARBANZOS | FIDEOS CON POLLO | | |
| ENSALADA MARINERA | MENESTRA RIOJANA | CREMA DE ESPARRAGOS | | |
| HUEVOS CON SALCHICHAS | FLAMENQUINES | ALBONDIGAS | | |
| LIRIOS A LA ROMANA | RAXO CON PATATAS | CARIOCA FRITA | | |
| ARROZ CON TOMATE | PATATA FRITA | ARROZ BLANCO | | |
| PATATA COCIDA | ENSALADA | TOMATE ASADO | | |
| FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO | FROITA / LACTEO |



ARUME

garante que estes menús foron planificados segundo os principios dietético-nutricionais establecidos pola OMS (Organización Mundial da Saúde) en alimentación escolar e van ser elaborados con materias primas de 1ª calidade. Se desexa consultar o menú online visite: www.arumeservicios.com

OCTOBER

MARISTAS


ARUME
 COCINAMOS PARA TI

| MONDAY 01/10/2018 | TUESDAY 02/10/2018 | WEDNESDAY 03/10/2018 | THURSDAY 04/10/2018 | FRIDAY 05/10/2018 |
|-----------------------------------|-----------------------------------|---------------------------|----------------------------------|------------------------------|
| SEAFOOD VERMICELLI | MOINTAIN STEW | VEGETABLE SOUP | NAPOLITANA PASTA | POTATOES WITH ALI-OLI SAUCE |
| VEGETABLE CREAM | VEGETABLE STEW | SAUTÉ FRENCH BEANS | CAULIFLOWER WITH "GALLEGA" SAUCE | CARROT CREAM |
| GRILLED PORK LOIN | EGGS WITH SAUSAGES | BAKED SALMON | TURKEY STEW | BURGER |
| BATTERED HAKE FILLETS | STRIPE FISH "A LA GALLEGA" | PORK MEAT MILANESE | DEEP FRIED HAKE STICKS | CHICKEN ROTTI |
| BOILED POTATOES | BOILED RICE | FRIED POTATOES | DICE POTATOES | PILLAW RICE |
| SALAD | BAKED TOMATOES | MIXED SALAD | BAKED PEPPERS | SALAD |
| FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY |
| MONDAY 08/10/2018 | TUESDAY 09/10/2018 | WEDNESDAY 10/10/2018 | THURSDAY 11/10/2018 | FRIDAY 12/10/2018 |
| SPAGHETTI BOLOGNESE | CHICKPEAS STEW WITH SPINACH | DICED VEGETABLES SOUP | BROTH WITH TURNIP | |
| VEGETABLE STEW | ZUCCHINI CREAM | FRENCH BEANS WITH HAM | GREENPEAS WITH HAM | |
| BREADCRUMBED FRIED HAM AND CHEESE | BEEF STEW | BAKED HAM | SPANISH OMELETTE | |
| BAKED BLUE SHARK | COD WITH "GALLEGA" SAUCE | BATTERED LILY FISH | BAKED HAKE FILLET | HOLIDAY |
| BOILED POTATOES | DICE POTATOES | PARISIENE POTATOES | SALAD | |
| SALAD | BOILED RICE | FRIED PEPPERS | VEGETABLE RATATOUILLE | |
| FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY |
| MONDAY 15/10/2018 | TUESDAY 16/10/2018 | WEDNESDAY 17/10/2018 | THURSDAY 18/10/2018 | FRIDAY 19/10/2018 |
| LENTILS STEW | SPANISH BEANS STEW | PUMKIN CREAM | SPAGHETTI BOLOGNESE | TORTELLINI WITH CHEESE SAUCE |
| BRUSSEL SPROUT | TUNA SALAD | VEGETABLE SOUP | GRATIN SPINACH | VEGETABLE STEW |
| MARINATED PORK LOIN | BAKED CHICKEN | PORK MEAT MILANESE | DEEP FRIED SQUID STICKS | CUTTLEFISH STEW |
| DEEP FRIED HAKE STICKS | SPRING ROLLS | SALMON WITH ALI-OLI SAUCE | TURKEY ROTTI | EGGS WITH SMALL PASTY |
| FRIED POTATOES | BOILED RICE | FRIED POTATOES | BOILED POTATOES | PILLAW RICE |
| SALAD | BAKED TOMATOES | MIXED SALAD | BAKED PEPPERS | MASHED POTATOES |
| FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY |
| MONDAY 22/10/2018 | TUESDAY 23/10/2018 | WEDNESDAY 24/10/2018 | THURSDAY 25/10/2018 | FRIDAY 26/10/2018 |
| MARVELOUS SOUP | SEAFOOD PAELLA | GALICIAN BROTH | SPINACH WITH BACON | POTATOES STEW "A LA RIOJANA" |
| FRENCH BEANS "A LA RIOJANA" | BROCCOLI WITH GARLIC SAUCE | VEGETABLE CREAM | LENTILS STEW | LEEK CREAM |
| GRILLED PORK LOIN | BREADCRUMBED FRIED HAM AND CHEESE | SPANISH OMELETTE | BAKED CHICKEN WITH GARLIC | CANNELLONI |
| DEEP FRIED STRIPE FISH | COD WITH "GALLEGA" SAUCE | BAKED BLUE SHARK | BATTERED HAKE FILETS | BATTERED SQUID RINGS |
| FRIED POTATOES | DICE POTATOES | MIXED SALAD | BOILED RICE | SALAD |
| SALAD | VEGETABLE RATATOUILLE | BAKED ZUCCHINI | BOILED POTATOES | MASHED POTATOES |
| FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY |
| MONDAY 29/10/2018 | TUESDAY 30/10/2018 | WEDNESDAY 31/10/2018 | THURSDAY | FRIDAY |
| SEAFOOD SOUP | CHECKPEA STEW | VERMICELLI WITH CHICKEN | | |
| SEAFOOD SALAD | VEGETABLE STEW "A LA RIOJANA" | ASPARAGUS CREAM | | |
| EGGS WITH SAUSAGES | FLAMENQUINES | MEATBALLS WITH SAUCE | | |
| BATTERED LILY FISH | FRIED PORK LOIN | FRIED BLUE WHITING | | |
| RICE WITH TOMATO SAUCE | FRIED POTATOES | BOILED RICE | | |
| BOILED POTATOES | SALAD | BAKED TOMATOES | | |
| FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY | FRUIT/DAIRY |


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