

Menú:

General

Centro:

C. Nuestra Señora de Loreto



Mes:

Marzo 2020

Lunes

Martes

Miércoles

Jueves

Viernes

2

Festivo

3

1º Crema de calabaza (7)
2º Lomo plancha con ensalada (12)

Postre: Zumo de naranja natural

691 26 g 76 g 32 g

4

1º Arroz al horno
2º Ensalada variada (12)
3º Tortilla (3) de jamón

Postre: Fruta natural

638 g 25 g 97 g 12 g

5

MENÚ CELEBRACIÓN

6

1º Potaje de garbanzos (3)
2º Bacalao en salsa (4) con ensalada (12)

Postre: Lácteo (7)

596 24 g 70 g 24 g

9

1º Macarrones con chorizo (1,3T)
2º Pechugas a la plancha con ensalada variada (12)

Postre: Fruta natural

736 29 g 85 g 30 g

10

1º Lentejas guisadas
2º Tortilla de atún (3,4) con ensalada de tomate

Postre: Zumo de naranja natural

677 33 g 74 g 27 g

11

1º Crema de verduras (7)
2º Albóndigas (1,6) en salsa de cebolla

Postre: Fruta natural

929 30 g 138 g 27 g

12

1º Paella de marisco (2,4,13)
2º Cinta de lomo de Sajonia con salsa de pimientos y ensalada (12)

Postre: Fruta natural

756 29 g 76 g 38 g

13

1º Judías blancas estofadas
2º Merluza en salsa verde (4) con ensalada (12)

Postre: Lácteo (7)

658 33 g 100 g 21 g

16

1º Sopa de picadillo (1,3T)
2º Ragú de ternera con patatas fritas

Postre: Fruta natural

658 27 g 105 g 21 g

17

1º Crema de calabacín
2º Salchichas (12) con ensalada variada (12)

Postre: Zumo de naranja natural

650 32 g 84 g 20

18

1º Canelones de carne (1,2T,3T,4T,6,7T,9,13T)
2º Palometa al horno (4) con ensalada variada (12)

Postre: Fruta natural

769 30 g 76 g 38 g

19

1º Judías pintas estofadas
2º Ensalada variada (12)
3º Contramuslo de pollo con verduras

Postre: Fruta natural

650 32 g 84 g 20

20

1º Guiso de patatas con calamares (13)
2º Ensalada variada (12)
3º Tortilla con queso (3,7)

Postre: Lácteo (7)

929 30 g 138 27 g

23

1º Crema de puerro y manzana (7)
2º Fajitas de pollo con verduras (1) y ensalada

Postre: Fruta natural

836 g 28 g 82 g 43 g

24

1º Coditos (1,3T) con tomate y queso (7)
2º Ensalada variada (12)
3º Cinta de lomo con verduras

Postre: Zumo de naranja natural

776 30 g 79 g 38 g

25

1º Garbanzos guisados
2º Ensalada variada (12)
3º Ragú de pavo con guisantes

Postre: Fruta natural

860 50 g 94 g 31 g

26

1º Arroz con picadillo
2º Ensalada variada (12)
3º Merluza en salsa (4)

Postre: Fruta natural

524 31 g 55 g 20 g

27

1º Lentejas jardinera
2º Tortilla española (3) con ensalada (12)

Postre: Lácteo (7)

851 51 g 93 g 30 g

30

1º Sopa de pescado (1,2,3T,4,9T,12,13)
2º Magro de cerdo con salsa de tomate

Postre: Fruta natural

623 28 g 80 g 21 g

31

1º Judías pintas con verdura
2º Muslitos de pollo al horno con ensalada

Postre: Zumo de naranja natural

747 23 g 102 g 27 g



Diariamente:

Ensalada Pan

Relación de alérgenos según RD 126/2015. Les informamos de los alérgenos que contienen directa o indirectamente cada plato siguiendo los siguientes números:



Kcal Proteínas Hidratos de carbono Lípidos

*Valoración nutricional: D. Calidad Servalia.

Accede a los menús de tu centro en:

www.servalia.org

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Menu:

General

School:

C. Nuestra Señora de Loreto



Month:

March 2020

Monday

Tuesday

Wednesday

Thursday

Friday

2

Festive



3

1st Pumpkin cream (7)
2nd Grilled loin with salad (12)

Dessert: Natural Orange Juice



4

1st Baked rice
2nd Varied salad (12)
3rd Omelette (3) with ham

Dessert: Natural Fruit



5

CELEBRATION MENU



6

1st Chickpea stew (3)
2nd Cod in sauce (4) with salad (12)

Dessert: Dairy (7)



9

1st Macaroni with chorizo (1,3T)
2nd Grilled breasts with mixed salad (12)

Dessert: Natural Fruit



10

1st Stewed Lentils
2nd Tuna omelette (3,4) with tomato salad

Dessert: Natural Orange Juice



11

1st Vegetables cream (7)
2nd Meatballs (1,6) with onion sauce

Dessert: Natural Fruit



12

1st Rice with seafood (2,4,13)
2nd Saxon loin with pepper sauce and salad (12)

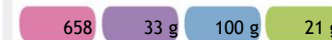
Dessert: Natural Fruit



13

1st Stewed white beans
2nd Hake with green sauce (4) and salad (12)

Dessert: Dairy (7)



16

1st Soup with meat(1,3T)
2nd Veal ragout with french fries

Dessert: Natural Fruit



17

1st Zucchini Cream
2nd Sausages (12) with varied salad (12)

Dessert: Natural Orange Juice



18

1st Meat cannelloni (1.2T, 3T, 4T, 6.7T, 9.13T)
2nd Baked pomfred (4) with varied salad (12)

Dessert: Natural Fruit



19

1st Stewed black beans
2nd Varied salad (12)
3rd Chicken with vegetables

Dessert: Natural Fruit



20

1st Potato Stew with squid (13)
2nd Varied salad (12)
3rd Omelette with cheese (3.7)

Dessert: Dairy (7)



23

1st Cream of leek and apple (7)
2nd Chicken fajitas with vegetables (1) and salad

Dessert: Natural Fruit



24

1st PASTA(1,3T) with tomato and cheese (7)
2nd Varied salad (12)
3rd Loin with vegetables

Dessert: Natural Orange Juice



25

1st Stewed chickpeas
2nd Varied salad (12)
3rd Turkey ragout with peas

Dessert: Natural Fruit



26

1st Rice with meat
2nd Varied salad (12)
3rd Hake in sauce (4)

Dessert: Natural Fruit



27

1st Gardener lentils
2nd Spanish omelette (3) with salad (12)

Dessert: Dairy (7)



30

1st Fish soup (1,2,3T, 4,9T, 12,13)
2nd Pork Lean with tomatoe sauce
Dessert: Natural Fruit



31

1st Beans with vegetables
2nd Baked chicken with salad

Dessert: Natural Orange Juice



Daily: Salad Bread

Allergens list according to RD 126/2015. We inform that contain allergens directly or indirectly each dish using the following numbers:

Calories Proteins Carbohydrate Fats
*Nutritional assessment: Servalia Quality Department.

Download your school menus in:
www.servalia.org
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