



COLEGIO SANTA MARÍA LA REAL DE HUELGAS

OCTUBRE 2025



MENÚ GUARDERÍA

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

Dietista-Nutricionista
Sandra Soria García
Nº Colegiada:
EUS00293



1

Pasta con tomate y chorizo/
Pasta with tomato and chorizo
Merluza al ajillo/
Hake with garlic
Ensalada/ Salad
Fruta variada/ Varied fruit

2

Cocido castellano/ Castilian stew
Sopa/ soup
Garbanzos y verdura/
Chickpeas and vegetables
Carnes/ Meats
Natillas y fruta/ Custard and fruit

3

Judías verdes con patatas/
Green beans with potatoes
Pollo asado/
Roasted chicken
Ensalada/ Salad
Fruta variada/ Varied fruit

6

Puré de patata y zanahoria/
Mashed potato and carrot
Carne de ternera guisada/
Stewed beef
Patatas fritas / Fries
Fruta variada/ Varied fruit

7

Lentejas con verduras/
Lentils with vegetables
Pollo guisado/
Stewed chicken
Verduras/ Vegetables
Fruta variada/ Varied fruit

8

Paella/
Paella
Tortilla francesa/
Omelette
Ensalada/ Salad
Fruta en almíbar/ Fruit in syrup

9

Sopa de ave y fideos/
Poultry and noodle soup
Bacalao a la vizcaína/
Biscayan-style cod
Patatas/ Potatoes
Yogurt y fruta/ Yogurt and fruit

10

Alubias estofadas/
Stewed beans
Escalope de cerdo/
Pork schnitzel
Ensalada/ Salad
Fruta variada/ Varied fruit

13

FESTIVO:
DÍA DE LA HISPANIDAD

14

Crema de calabaza/
Pumpkin cream
Tortilla de patatas/
Spanish omelette
Ensalada/ Salad
Fruta variada/ Varied fruit

15

Patatas con carne/
Potatoes with meat
Merluza rebozada/
Breaded hake
Ensalada/ Salad
Fruta variada/ Varied fruit

16

Pasta con tomate y atún/
Pasta with tomato and tuna
Filetes rusos/
Russian steaks
Pimientos asados/ Roasted peppers
Actimel y fruta/ Actimel & fruit

17

Garbanzos con verduras/
Chickpeas with vegetables
Salchichas blancas a la plancha/
Grilled white sausages
Ensalada/ Salad
Fruta variada/ Varied fruit

20

Lentejas guisadas/
Stewed lentils
Albóndigas con tomate/
Meatballs with tomato
Patatas fritas / Fries
Fruta variada/ Varied fruit

21

Arroz con pollo/
Rice with chicken
Huevos con bechamel rebozados/
Eggs with bechamel batter
Ensalada/ Salad
Fruta variada/ Varied fruit

22

Crema de calabacín/
Cream of zucchini
Filete de sajonia a la plancha/
Grilled saxony steaks
Champiñones/ Mushrooms
Fruta en almíbar/ Fruit in syrup

23

Garbanzos con chorizo/
Chickpeas with chorizo
Lengüadina rebozada/
Breaded dab
Ensalada/ Salad
Natillas y fruta/ Custard and fruit

24

Brócoli al ajillo con bacon/
Garlic broccoli with bacon
Pollo asado/
Roasted chicken
Ensalada/ Salad
Fruta variada/ Varied fruit

27

Patatas a la riojana/
Potatoes Rioja's style
Filete de ternera a la plancha/
Grilled beef steak
Champiñones/ Mushrooms
Fruta variada/ Varied fruit

28

Alubias guisadas/
Stewed beans
Tortilla de jamón/
Ham omelette
Ensalada/ Salad
Fruta variada/ Varied fruit

29

Pasta a la boloñesa/
Pasta Bolognese
Bacalao al horno/
Baked cod
Pimientos asados/ Roasted peppers
Fruta variada/ Varied fruit

30

Lentejas estofadas/
Stewed lentils
Filetes de sajonia a la plancha/
Grilled saxony steaks
Ensalada/ Salad
Yogurt y fruta/ Yogurt and fruit

31

Crema de verduras/
Vegetables cream
Pollo guisado/
Stewed chicken
Verduras/ Vegetables
Fruta variada/ Varied fruit



EQUILIBRA TU DIETA

BALANCE YOUR DIET

CADA DÍA

EVERY DAY

Desayuno
Breakfast



20%



10%

Media mañana
Morning snack



25%

Cena
Dinner



35%



Comida
Lunch



10%

Merienda
Afternoon snack

CADA COMIDA

EVERY MEAL



Agua
Water



Aceites saludables
Healthy oils



Lácteos
Dairies

RECOMENDACIONES PARA LAS CENAS

DINNER RECOMMENDATIONS

SI COMEMOS IF AT LUNCH WE EAT POR LA NOCHE CENAMOS FOR DINNER WE'LL HAVE

Arroz, pasta, patatas o legumbres
Rice, pasta, potatoes or legumes

Verduras / Vegetables

Carne / Meat

Pescado / Fish

Huevos / Eggs

Frutas / Fruits

Lácteos / Dairies

Verduras crudas o cocidas
Raw or cooked vegetables

Arroz, pasta, patatas / Rice, pasta, potatoes

Pescado o huevos / Fish or eggs

Carne o huevo / Meat or eggs

Carne o pescado / Meat or fish

Lácteos o fruta / Dairies or fruits

Frutas / Fruits

