

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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<p>8 <u>KCal.630 / HC.83 / Lip.23 / Prt.24</u></p> <p>Crema de calabaza Tortilla de patata con salsa de tomate natural Fruta de temporada</p> <p>Cream of pumpkin soup Spanish omelette Tomato sauce Seasonal fruit</p>	<p>9 <u>KCal.608 / HC.76 / Lip.17 / Prt.39</u></p> <p>Guisantes salteados con jamón Bacalao al horno con tomate asado Fruta de temporada</p> <p>Green peas with ham Baked cod with baked tomato Seasonal fruit</p>	<p>10 <u>KCal.630 / HC.77 / Lip.24 / Prt.28</u></p> <p>Puré de verduras Pollo asado con patata panadera Fruta de temporada</p> <p>Creamed vegetables Roast chicken Roasted potatoes Seasonal fruit</p>	<p>11 <u>KCal.709 / HC.79 / Lip.28 / Prt.34</u></p> <p>Macarrones con pisto Mero a la plancha Ensalada de lechuga y tomate Yogur natural</p> <p>Macaroni with ratatouille Baked grouper Tomato and lettuce salad Yogurt</p>	<p>12 <u>KCal.661 / HC.81 / Lip.29 / Prt.19</u></p> <p>Pote asturiano Ensalada mixta (lechuga, tomate, cebolla, zanahoria y huevo duro) Fruta de temporada</p> <p>"Pote asturiano" stew Salad (lettuce, tomato, onion, carrot and egg) Seasonal fruit</p>
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<p>15 <u>KCal.707 / HC.92 / Lip.26 / Prt.26</u></p> <p>Arroz blanco Huevos con pisto Ensalada de lechuga Fruta de temporada</p> <p>White rice Eggs with ratatouille Tomato and lettuce salad Seasonal fruit</p>	<p>16 <u>KCal.739 / HC.84 / Lip.28 / Prt.36</u></p> <p>Garbanzos con espinacas Ternera guisada con verduras Fruta de temporada</p> <p>Chickpeas with spinach Stewed beef with vegetable Seasonal fruit</p>	<p>17 <u>KCal.709 / HC.79 / Lip.28 / Prt.35</u></p> <p>Repollo con patatas Salmón a la plancha Arroz blanco Yogur natural</p> <p>Cabbage stew Baked salmon White rice Yogurt</p>	<p>18 <u>KCal.631 / HC.85 / Lip.18 / Prt.33</u></p> <p>Sopa juliana Carrilleras de cerdo con verduritas y patata dado Fruta de temporada</p> <p>Noodle soup Braised pork cheek with potatoes Seasonal fruit</p>	<p>19 <u>KCal.693 / HC.85 / Lip.23 / Prt.37</u></p> <p>Lentejas estofadas Lenguado al horno con brócoli salteado Fruta de temporada</p> <p>Lentil stew Fillet of sole Broccoli with garlic sauce Seasonal fruit</p>
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<p>22 <u>KCal.647 / HC.82 / Lip.25 / Prt.23</u></p> <p>Crema de zanahoria Tortilla de brócoli Fruta de temporada</p> <p>Cream of carrot soup Spanish omelette with broccoli Seasonal fruit</p>	<p>23 <u>KCal.679 / HC.95 / Lip.19 / Prt.32</u></p> <p>Fideua de verduras Merluza en salsa verde Fruta de temporada</p> <p>Fideuá Hake fillet in green sauce Seasonal fruit</p>	<p>24 <u>KCal.775 / HC.100 / Lip.25 / Prt.58</u></p> <p>Potaje de judías verdes con tomate Pavo guisado con verduritas y arroz blanco Yogur natural</p> <p>Flat green beans with tomato Turkey stew with vegetables and rice Yogurt</p>	<p>25 <u>KCal.734 / HC.93 / Lip.25 / Prt.34</u></p> <p>Alubias pintas estofadas Albóndigas de bacalao Fruta de temporada</p> <p>Pinto bean stew Fish balls in green sauce Seasonal fruit</p>	<p>26 <u>KCal.696 / HC.81 / Lip.30 / Prt.26</u></p> <p>Crema de espinacas Lomo de cerdo al horno con patata panadera Fruta de temporada</p> <p>Cream of spinach soup Pork chop with roast potatoes Seasonal fruit</p>
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<p>29 <u>KCal.755 / HC.83 / Lip.32 / Prt.34</u></p> <p>Potaje de judías verdes y zanahoria Huevos con pisto, patatas y ensalada Fruta de temporada</p> <p>Flat green beans with potatoes Eggs with potatoes and salad Seasonal fruit</p>	<p>30 <u>KCal.713 / HC.66 / Lip.36 / Prt.31</u></p> <p>Puré de calabacín Filete de trucha al horno con patatas fritas Yogur natural</p> <p>Cream of zucchini soup Baked fresh trout French fries Yogurt</p>	<p>31 <u>KCal.686 / HC.112 / Lip.16 / Prt.24</u></p> <p>Lentejas estofadas con arroz Ensalada mixta Fruta de temporada</p> <p>Lentil stew with rice Salad (lettuce, tomato, onion, carrot) Seasonal fruit</p>
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El menú incluye agua y pan. Estos menús fueron revisados y aprobados por el equipo de nutricionistas de Ausolan. Por causa de fuerza mayor Ausolan se reserva el derecho de hacer cambios en el 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

Frutas de temporada: manzana, pera, plátano, naranja y mandarina
Seasonal fruits: apple, pear, banana, orange and tangerine

Uso de sal yodada en la elaboración de los platos
Use of iodized salt in the preparation of dishes

En el comedor se sirven las cantidades de acuerdo a la edad de los comensales.
In the dining room, quantities are served according to the age of the diners.

Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday
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| <p>1 <u>KCal.707 / HC.86 / Lip.29 / Prt.26</u>
 Crema de espinacas
 Lomo de cerdo al horno con patatas panadera
 Fruta de temporada
 Cream of spinach soup
 Pork chop with roast potatoes
 Seasonal fruit</p> | <p>2 <u>KCal.776 / HC.112 / Lip.23 / Prt.30</u>
 Sopa de cocido
 Garbanzos con su compango
 Fruta de temporada
 Chicken noodle soup
 Chickpea stew with "compango"
 Seasonal fruit</p> |
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| <p>5 <u>KCal.630 / HC.83 / Lip.23 / Prt.24</u>
 Crema de calabaza
 Tortilla de patata con salsa de tomate natural
 Fruta de temporada
 Cream of pumpkin soup
 Spanish omelette
 Tomato sauce
 Seasonal fruit</p> | <p>6 <u>KCal.608 / HC.76 / Lip.17 / Prt.39</u>
 Guisantes salteados con jamón
 Bacalao al horno con tomate asado
 Fruta de temporada
 Green peas with ham
 Baked cod with baked tomato
 Seasonal fruit</p> | <p>7 <u>KCal.630 / HC.77 / Lip.24 / Prt.28</u>
 Puré de verduras
 Pollo asado con patata panadera
 Fruta de temporada
 Creamed vegetables
 Roast chicken
 Roasted potatoes
 Seasonal fruit</p> | <p>8 <u>KCal.709 / HC.79 / Lip.28 / Prt.34</u>
 Macarrones con pisto
 Mero a la plancha
 Ensalada de lechuga y tomate
 Yogur natural
 Macaroni with ratatouille
 Baked grouper
 Tomato and lettuce salad
 Yogurt</p> | <p>9 <u>KCal.661 / HC.81 / Lip.29 / Prt.19</u>
 Pote asturiano
 Ensalada mixta (lechuga, tomate, cebolla, zanahoria y huevo duro)
 Fruta de temporada
 "Pote asturiano" stew
 Salad (lettuce, tomato, onion, carrot and egg)
 Seasonal fruit</p> |
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| <p>12</p> | <p>13</p> | <p>14 <u>KCal.709 / HC.79 / Lip.28 / Prt.35</u>
 Repollo con patatas
 Salmón a la plancha
 Arroz blanco
 Yogur natural
 Cabbage stew
 Baked salmon
 White rice
 Yogurt</p> | <p>15 <u>KCal.631 / HC.85 / Lip.18 / Prt.33</u>
 Sopa juliana
 Carrilleras de cerdo con verduritas y patata dado
 Fruta de temporada
 Noodle soup
 Braised pork cheek with potatoes
 Seasonal fruit</p> | <p>16 <u>KCal.693 / HC.85 / Lip.23 / Prt.37</u>
 Lentejas estofadas
 Lenguado al horno con brócoli salteado
 Fruta de temporada
 Lentil stew
 Fillet of sole
 Broccoli with garlic sauce
 Seasonal fruit</p> |
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| <p>19 <u>KCal.647 / HC.82 / Lip.25 / Prt.23</u>
 Crema de zanahoria
 Tortilla de brócoli
 Fruta de temporada
 Cream of carrot soup
 Spanish omelette with broccoli
 Seasonal fruit</p> | <p>20 <u>KCal.679 / HC.95 / Lip.19 / Prt.32</u>
 Fideua de verduras
 Merluza en salsa verde
 Fruta de temporada
 Fideuá
 Hake fillet in green sauce
 Seasonal fruit</p> | <p>21 <u>KCal.775 / HC.100 / Lip.25 / Prt.38</u>
 Potaje de judías verdes con tomate
 Pavo guisado con verduritas y arroz blanco
 Yogur natural
 Flat green beans with tomato
 Turkey stew with vegetables and rice
 Yogurt</p> | <p>22 <u>KCal.734 / HC.93 / Lip.25 / Prt.34</u>
 Alubias pintas estofadas
 Albóndigas de bacalao
 Fruta de temporada
 Pinto bean stew
 Fish balls in green sauce
 Seasonal fruit</p> | <p>23 <u>KCal.696 / HC.81 / Lip.30 / Prt.26</u>
 Crema de espinacas
 Lomo de cerdo al horno con patata panadera
 Fruta de temporada
 Cream of spinach soup
 Pork chop with roast potatoes
 Seasonal fruit</p> |
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| <p>26 <u>KCal.755 / HC.83 / Lip.32 / Prt.34</u>
 Potaje de judías verdes y zanahoria
 Huevos con pisto, patatas y ensalada
 Fruta de temporada
 Flat green beans with potatoes
 Eggs with potatoes and salad
 Seasonal fruit</p> | <p>27 <u>KCal.713 / HC.66 / Lip.36 / Prt.31</u>
 Puré de calabacín
 Filete de trucha al horno con patatas fritas
 Yogur natural
 Cream of zucchini soup
 Baked fresh trout
 French fries
 Yogurt</p> | <p>28 <u>KCal.686 / HC.112 / Lip.16 / Prt.24</u>
 Lentejas estofadas con arroz
 Ensalada mixta
 Fruta de temporada
 Lentil stew with rice
 Salad (lettuce, tomato, onion, carrot)
 Seasonal fruit</p> | <p>29 <u>KCal.707 / HC.86 / Lip.29 / Prt.26</u>
 Crema de espinacas
 Lomo de cerdo al horno con patatas panadera
 Fruta de temporada
 Cream of spinach soup
 Pork chop with roast potatoes
 Seasonal fruit</p> |
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Frutas de temporada: manzana, pera, plátano, naranja y mandarina
 Seasonal fruits: apple, pear, banana, orange and tangerine

Uso de sal yodada en la elaboración de los platos
 Use of iodized salt in the preparation of dishes

En el comedor se sirven las cantidades de acuerdo a la edad de los comensales.
 In the dining room, quantities are served according to the age of the diners.

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- 1** KCal.776 / HC.112 / Lip.23 / Prt.30
Sopa de cocido
Garbanzos con su compango
Fruta de temporada
 Chicken noodle soup
 Chickpea stew with "compango"
 Seasonal fruit

- 4** KCal.630 / HC.83 / Lip.23 / Prt.24
Crema de calabaza
Tortilla de patata con salsa de tomate natural
Fruta de temporada
 Cream of pumpkin soup
 Spanish omelette
 Tomato sauce
 Seasonal fruit

- 5** KCal.608 / HC.76 / Lip.17 / Prt.39
Guisantes salteados con jamón
Bacalao al horno con tomate asado
Fruta de temporada
 Green peas with ham
 Baked cod with baked tomato
 Seasonal fruit

- 6** KCal.630 / HC.77 / Lip.24 / Prt.28
Puré de verduras
Pollo asado con patata panadera
Fruta de temporada
 Creamed vegetables
 Roast chicken
 Roasted potatoes
 Seasonal fruit

- 7** KCal.709 / HC.79 / Lip.28 / Prt.34
Macarrones con pisto
Mero a la plancha
Ensalada de lechuga y tomate
Yogur natural
 Macaroni with ratatouille
 Baked grouper
 Tomato and lettuce salad
 Yogurt

- 8** KCal.661 / HC.81 / Lip.29 / Prt.19
Pote asturiano
Ensalada mixta (lechuga, tomate, cebolla, zanahoria y huevo duro)
Fruta de temporada
 "Pote asturiano" stew
 Salad (lettuce, tomato, onion, carrot and egg)
 Seasonal fruit

- 11** KCal.707 / HC.92 / Lip.26 / Prt.26
Arroz blanco
Huevos con pisto
Ensalada de lechuga
Fruta de temporada
 White rice
 Eggs with ratatouille
 Tomato and lettuce salad
 Seasonal fruit

- 12** KCal.739 / HC.84 / Lip.28 / Prt.36
Garbanzos con espinacas
Ternera guisada con verduras
Fruta de temporada
 Chickpeas with spinach
 Stewed beef with vegetable
 Seasonal fruit

- 13** KCal.709 / HC.79 / Lip.28 / Prt.35
Repollo con patatas
Salmón a la plancha
Arroz blanco
Yogur natural
 Cabbage stew
 Baked salmon
 White rice
 Yogurt

- 14** KCal.631 / HC.85 / Lip.18 / Prt.33
Sopa juliana
Carrilleras de cerdo con verduritas y patata dado
Fruta de temporada
 Noodle soup
 Braised pork cheek with potatoes
 Seasonal fruit

- 15** KCal.693 / HC.85 / Lip.23 / Prt.37
Lentejas estofadas
Lenguado al horno con brócoli salteado
Fruta de temporada
 Lentil stew
 Fillet of sole
 Broccoli with garlic sauce
 Seasonal fruit

- 18** KCal.647 / HC.82 / Lip.25 / Prt.23
Crema de zanahoria
Tortilla de brócoli
Fruta de temporada
 Cream of carrot soup
 Spanish omelette with broccoli
 Seasonal fruit

- 19** KCal.679 / HC.95 / Lip.19 / Prt.32
Fideua de verduras
Merluza en salsa verde
Fruta de temporada
 Fideuá
 Hake fillet in green sauce
 Seasonal fruit

- 20** KCal.775 / HC.100 / Lip.25 / Prt.58
Potaje de judías verdes con tomate
Pavo guisado con verduritas y arroz blanco
Yogur natural
 Flat green beans with tomato
 Turkey stew with vegetables and rice
 Yogurt

- 21** KCal.734 / HC.93 / Lip.25 / Prt.34
Alubias pintas estofadas
Albóndigas de bacalao
Fruta de temporada
 Pinto bean stew
 Fish balls in green sauce
 Seasonal fruit

- 22** KCal.696 / HC.81 / Lip.30 / Prt.26
Crema de espinacas
Lomo de cerdo al horno con patata panadera
Fruta de temporada
 Cream of spinach soup
 Pork chop with roast potatoes
 Seasonal fruit



vacaciones

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Uso de sal yodada en la elaboración de los platos
 Use of iodized salt in the preparation of dishes

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