



lunes	martes	miércoles	jueves	viernes	I. Nutricional
				1	Kcal: 0 HC: 0 Prot: 0 Lip: 0
4	5	6	7	8	Kcal: 0 HC: 0 Prot: 0 Lip: 0
11	12	13	14	15	Kcal: 0 HC: 0 Prot: 0 Lip: 0
18	19	20	21	22	Kcal: 0 HC: 0 Prot: 0 Lip: 0
25	26	27	28	29	Kcal: 710 HC: 80 Prot: 27 Lip: 30

Arroz con tomate  
Revuelto de jamón york con ensalada tricolor (lechuga, zanahoria y maíz)  
Fruta y pan  
Rice with tomato sauce  
Scrambled eggs with ham with tricolor salad (lettuce, carrots & sweetcorn)  
Fruit and bread

Crema de verduras  
Pollo asado con patatas fritas  
Fruta y pan  
Vegetable cream  
Roasted chicken with french fries  
Fruit and bread

Alubias pintas a la riojana  
Croquetas con lechuga y maíz  
Yogur y pan  
Rioja style cooked beans  
Croquettes with lettuce & sweetcorn  
Yoghurt and bread

Sopa de fideos  
Albóndigas a la jardinera con patatas dado  
Fruta y pan  
Noodle soup  
Meatballs with vegetables with diced potatoes  
Fruit and bread

Lentejas a la jardinera  
Filete de merluza con lechuga y zanahoria  
Helado y pan  
Vegetables lentils  
Hake steak with lettuce & carrot  
Ice cream and bread