



1	2	3	4	5	I. Nutricional
lunes	martes	miércoles	jueves	viernes	
					Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Arroz napolitana San Jacobo con ensalada de lechuga, tomate y maíz Fruta y pan Neapolitan rice Cooked ham & cheese escalope with lettuce salad with tomato & sweetcorn Fruit and bread	9 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	10 Crema de calabaza Pollo asado con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Cream of butternut squash Roasted chicken with green salad (lettuce, green peppers & olives) Fruit and bread	11 Lentejas con verduras Huevos revueltos con tomate al horno Yogur y pan Vegetable lentils Scrambled eggs with baked tomato Yoghurt and bread	12 Fideos a la cazuela Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cooked noodles Hake steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	Kcal: 679 HC: 84 Prot: 34 Lip: 27
15 Puré de patatas Pollo asado al romero con menestra Fruta y pan Mashed potatoes Rosemary roasted chicken with menestra Fruit and bread	16 Crema de zanahoria Lacón a la gallega Yogur y pan Cream of carrot Lacón pork shoulder with potatoes Yoghurt and bread	17 Garbanzos estofados Tortilla de calabacín con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Stewed chickpeas Zucchini omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	18 Arroz napolitana Albóndigas a la jardinera con patatas fritas Gelatina y pan Neapolitan rice Meatballs with vegetables with french fries Gelatin and bread	19 Alubias blancas estofadas Merluza a la romana con lechuga y olivas negras Fruta y pan Stewed white beans Battered & fried hake with lettuce & olives Fruit and bread	Kcal: 712 HC: 81 Prot: 29 Lip: 30
22 Macarrones boloñesa Lomo al ajillo con patatas fritas Fruta y pan Macaroni bolognese Tenderloin with garlic with french fries Fruit and bread	23 Lentejas a la riojana Tortilla francesa con tomates con orégano Yogur y pan Rioja style lentils Omelette with tomatoes with oregano Yoghurt and bread	24 Puré de verduras Hamburguesa a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Vegetable purée Grilled hamburger with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	25 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	26 Arroz con tomate Palometa al horno con pisto Fruta y pan Rice with tomato sauce Baked pomfret with ratatouille Fruit and bread	Kcal: 742 HC: 86 Prot: 32 Lip: 27
29 Coditos napolitana Merluza a la romana con ensalada de lechuga, maíz y aceitunas negras Fruta y pan Neapolitan style Pasta Battered & fried hake with lettuce salad with sweetcorn & black olives Fruit and bread	30 Crema de puerros Pollo al horno con patatas fritas Fruta y pan Cream of leek Baked chicken with french fries Fruit and bread	31 Alubias pintas estofadas Cinta de lomo con lechuga y zanahoria Yogur y pan Stewed pinto beans Pork loin with lettuce & carrot Yoghurt and bread			Kcal: 747 HC: 85 Prot: 34 Lip: 31