



lunes	martes	miércoles	jueves	viernes	I. Nutricional
<p>2</p> <p>Macarrones gratinados San Jacobo con ensalada Fruta y pan Macaroni au gratin Cooked ham &amp; cheese escalope with salad Fruit and bread</p>	<p>3</p> <p>Sopa de fideos Filete de merluza con ensalada Yogur y pan Noodle soup Hake steak with salad Yoghurt and bread</p>	<p>4</p> <p>Arroz tres delicias Pollo asado con patatas fritas Postre lácteo y pan Chinese fried rice Roasted chicken with french fries Dairy dessert and bread</p>	<p>5</p> <p>Judías verdes con jamón york Tortilla de patatas con ensalada Fruta y pan Green beans with cooked ham Spanish potato omelette with salad Fruit and bread</p>	<p>6</p> <p>Crema de calabaza Hamburguesa completa con patatas Helado y pan Cream of butternut squash Complete hamburger with potatoes Ice cream and bread</p>	<p>Kcal: 802</p> <p>HC: 82</p> <p>Prot: 30</p> <p>Lip: 42</p>
<p>9</p> <p>Crema de calabacín Pollo al horno con patatas Fruta y pan Cream of zucchini Baked chicken with potatoes Fruit and bread</p>	<p>10</p> <p>Ensalada de alubias Merluza a la romana con ensalada Postre lácteo y pan White bean salad Battered &amp; fried hake with salad Dairy dessert and bread</p>	<p>11</p> <p>Coditos gratinados Cinta de lomo con ensalada Fruta y pan Grilled pasta Pork loin with salad Fruit and bread</p>	<p>12</p> <p>Paella mixta Huevos Moll con ensalada Fruta y pan Mixed paella Breaded hard-boiled eggs in white sauce with salad Fruit and bread</p>	<p>13</p> <p>Sopa de estrellas Perrito completo con patatas fritas Helado y pan Star pasta soup Hot dog with the works with french fries Ice cream and bread</p>	<p>Kcal: 815</p> <p>HC: 91</p> <p>Prot: 32</p> <p>Lip: 37</p>
<p>16</p> <p>Arroz milanese Ventresca de merluza a la romana con ensalada Fruta y pan Milanese rice Battered &amp; fried hake with salad Fruit and bread</p>	<p>17</p> <p>Puré de verduras Albóndigas con tomate con ensalada Postre lácteo y pan Vegetable purée Meatballs with tomato sauce with salad Dairy dessert and bread</p>	<p>18</p> <p>Sopa de pollo con fideos Jamoncitos de pollo con patatas fritas Fruta y pan Chicken soup with noodles Chicken drumsticks with french fries Fruit and bread</p>	<p>19</p> <p>Macarrones con tomate Tortilla de patatas con ensalada Fruta y pan Macaroni with tomato sauce Spanish potato omelette with salad Fruit and bread</p>	<p>20</p> <p>Crema de legumbres Pizza de jamón y queso Helado y pan Cream of legumes Ham &amp; cheese pizza Ice cream and bread</p>	<p>Kcal: 751</p> <p>HC: 87</p> <p>Prot: 30</p> <p>Lip: 32</p>
<p>23</p> <p>Fideuá San Jacobo con ensalada Fruta y pan Fideua (fine paella) Cooked ham &amp; cheese escalope with salad Fruit and bread</p>	<p>24</p> <p>Sopa de picadillo Cinta de lomo con patatas fritas Yogur y pan Broth with ham &amp; egg bits Pork loin with french fries Yoghurt and bread</p>	<p>25</p> <p>Arroz con tomate Revuelto de jamón york con ensalada Fruta y pan Rice with tomato sauce Scrambled eggs with ham with salad Fruit and bread</p>	<p>26</p> <p>Ensalada alemana Filete de merluza con ensalada Fruta y pan German salad Hake steak with salad Fruit and bread</p>	<p>27</p> <p>Crema de calabacín Hamburguesa completa con patatas Helado y pan Cream of zucchini Complete hamburger with potatoes Ice cream and bread</p>	<p>Kcal: 795</p> <p>HC: 76</p> <p>Prot: 32</p> <p>Lip: 43</p>
<p>30</p> <p>Macarrones con tomate Salchichas con ensalada Fruta y pan Macaroni with tomato sauce Hotdogs with salad Fruit and bread</p>	<p>31</p> <p>Paella mixta Tortilla de atún con ensalada Fruta y pan Mixed paella Tuna omelette with salad Fruit and bread</p>				<p>Kcal: 759</p> <p>HC: 98</p> <p>Prot: 22</p> <p>Lip: 29</p>