



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Garbanzos con espinacas Huevos revueltos con judías verdes salteadas Fruta y pan Stew with spinach Scrambled eggs with Sautéed green beans Fruit and bread	9 Crema de verduras con picatostes Lasaña vegetal con panaché de verduras Fruta y pan Vegetable cream with croutons Vegetable lasagna with boiled vegetables Fruit and bread	10 Espaguetis al queso Rape a la romana con verduras salteadas Fruta o lácteo y pan Spaguetti with cheese Battered & fried monkfish with sautéed vegetables Fruit or dairy desserts and bread	11 Alubias a la jardinera Merluza empanada con brócoli salteado Fruta y pan White beans with vegetables Breaded hake with sautéed broccoli Fruit and bread	12 Sopa de verduras Bacalao con pisto con patatas fritas Fruta o lácteo y pan Vegetable soup Cod with ratatouille with french fries Fruit or dairy desserts and bread	Kcal: 646 HC: 82 Prot: 33 Lip: 21
15 Lentejas a la jardinera Tortilla de patatas con guisantes salteados Fruta y pan Vegetables lentils Spanish potato omelette with sautéed peas Fruit and bread	16 Crema de calabacín con picatostes Bacalao encebollado con arroz salteado Fruta y pan Cream of zucchini with croutons Cod with onion sauce with sautéed rice Fruit and bread	17 Arroz con verduras Pizza vegetal con brócoli salteado Fruta o lácteo y pan Rice with vegetable Vegetable pizza with sautéed broccoli Fruit or dairy desserts and bread	18 Vichyssoise Merluza en salsa con patatas dado Fruta y pan Vichyssoise Hake in sauce with diced potatoes Fruit and bread	19 Espirales con verduras con tomate Abadejo a la donostiarra con patatas al horno Flan de vainilla y pan Spirals with vegetables with tomato Basque style haddock with baked potatoes Vanilla crème caramel and bread	Kcal: 679 HC: 98 Prot: 29 Lip: 22
22 Judías verdes con tomate Buñuelos de bacalao con cous cous Fruta y pan Green beans with tomatoes Cod fritters with cous cous Fruit and bread	23 Alubias pintas estofadas Delicias de merluza con tomate al horno Fruta y pan Stewed pinto beans Hake delights with baked tomato Fruit and bread	24 Pasta con atún Huevos revueltos con queso con patatas campesinas Fruta o lácteo y pan Pasta with tuna Scrambled eggs with cheese with peasant potatoes Fruit or dairy desserts and bread	25 Sopa de pescado Salmón en salsa con patatas asadas Fruta y pan Fish soup Salmon in Sauce with baked potatoes Fruit and bread	26 Arroz con verduras Bacalao a la andaluza con guisantes salteados Profiteroles y pan Rice with vegetable Andalusian style codfish with sautéed peas Cream puffs and bread	Kcal: 749 HC: 86 Prot: 36 Lip: 31
29 Judías verdes, zanahorias, guisantes y patatas rehogadas Salmón a la plancha con patatas fritas Fruta y pan Sautéed green beans, carrots, peas & potatoes Grilled salmon with french fries Fruit and bread	30 Lentejas con arroz Tortilla campesina con menestra Fruta y pan Lentils with rice Country omelette with menestra Fruit and bread	31 Arroz napolitana Ventresca de merluza al horno con brócoli salteado Fruta o lácteo y pan Neapolitan rice Baked hake with sautéed broccoli Fruit or dairy desserts and bread			Kcal: 629 HC: 86 Prot: 29 Lip: 20