



lunes		martes		miércoles		jueves		viernes		I. Nutricional	
1		2		3		4		5		Kcal: 0 HC: 0 Prot: 0 Lip: 0	
8	Arroz milanesa Huevos revueltos con judías verdes salteadas Fruta y pan Milanese rice Scrambled eggs with Sautéed green beans Fruit and bread	9	Crema de verduras Contramuslo de pollo asado con panaché de verduras Fruta y pan Vegetable cream Baked chicken thigh with boiled vegetables Fruit and bread	10	Espaguetis boloñesa Rape al horno con verduras salteadas Fruta o lácteo y pan Bolognese spaghetti Baked 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 Pavo en salsa con patatas fritas Fruta o lácteo y pan Vegetable soup Turkey with gravy with french fries Fruit or dairy desserts and bread		Kcal: 721 HC: 82 Prot: 36 Lip: 30
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 Filete de lomo en salsa con arroz salteado Fruta y pan Cream of zucchini Loin steak in gravy with sautéed rice Fruit and bread	17	Arroz con magro y verduras Crujientes de pollo con brócoli salteado Fruta o lácteo y pan Pork & vegetable rice Crispy chicken with sautéed broccoli Fruit or dairy desserts and bread	18	Garbanzos estofados Hamburguesa a la plancha con patatas dado Fruta y pan Stewed chickpeas Grilled hamburger 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: 741 HC: 94 Prot: 31 Lip: 26
22	Judías verdes con tomate y bacon Albóndigas a la jardinera con arroz blanco Fruta y pan Green beans with tomatoes & bacon Meatballs with vegetables with white rice Fruit and bread	23	Alubias pintas a la riojana Filete de merluza con limón con tomate al horno Fruta y pan Rioja style cooked beans Hake steak with lemon 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 Jamoncitos de pollo al horno con patatas asadas Fruta y pan Fish soup Baked chicken drumsticks with baked potatoes Fruit and bread	26	Arroz con verduras Bacalao a la andaluza con guisantes salteados Fruta o lácteo y pan Rice with vegetable Andalusian style codfish with sautéed peas Fruit or dairy desserts and bread		Kcal: 761 HC: 85 Prot: 34 Lip: 30
29	Judías verdes, zanahorias, guisantes y patatas rehogadas Butifarra al horno con patatas fritas Fruta y pan Sautéed green beans, carrots, peas & potatoes Baked butifarra sausage 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: 628 HC: 88 Prot: 27 Lip: 24	