



lunes		martes		miércoles		jueves		viernes		I. Nutricional	
1		2		3		4		5		Kcal: 0 HC: 0 Prot: 0 Lip: 0	
8	Garbanzos con espinacas Judías verdes, zanahorias, guisantes y patatas rehogadas Fruta y pan Stew with spinach Sautéed green beans, carrots, peas & potatoes 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 con tomate Croquetas de espinacas con verduras salteadas Fruta y pan Spaghetti with tomato sauce Spinach croquettes with sautéed vegetables Fruit and bread	11	Alubias a la jardinera Arroz 3 delicias con brócoli salteado Fruta y pan White beans with vegetables Chinese fried rice with sautéed broccoli Fruit and bread	12	Sopa de verduras Ensaladilla rusa Fruta y pan Vegetable soup Russian potato salad Fruit and bread		Kcal: 607 HC: 92 Prot: 19 Lip: 17
15	Lentejas a la jardinera Tabulé Fruta y pan Vegetables lentils Tabbouleh Fruit and bread	16	Crema de calabacín con picatostes Ensalada de pasta Fruta y pan Cream of zucchini with croutons Pasta salad Fruit and bread	17	Arroz con verduras Pizza vegetal Fruta y pan Rice with vegetable Vegetable pizza Fruit and bread	18	Garbanzos estofados Espinacas salteadas con patatas dado Fruta y pan Stewed chickpeas Sautéed spinach with diced potatoes Fruit and bread	19	Espirales con verduras Guisantes con patatas Fruta y pan Spirals with vegetables Peas with potatoes Fruit and bread		Kcal: 601 HC: 103 Prot: 20 Lip: 15
22	Judías verdes con tomate Ensalada de arroz Fruta y pan Green beans with tomatoes Rice salad Fruit and bread	23	Alubias pintas estofadas Ensaladilla rusa con tomate al horno Fruta y pan Stewed pinto beans Russian potato salad with baked tomato Fruit and bread	24	Pasta con tomate Croquetas de espinacas con patatas campesinas Fruta y pan Pasta with tomato sauce Spinach croquettes with peasant potatoes Fruit and bread	25	Crema de calabaza Ensalada de pasta Fruta y pan Cream of butternut squash Pasta salad Fruit and bread	26	Arroz con verduras Guisantes salteados Fruta y pan Rice with vegetable Sautéed peas Fruit and bread		Kcal: 674 HC: 107 Prot: 18 Lip: 19
29	Judías verdes, zanahorias, guisantes y patatas rehogadas Pizza vegetal Fruta y pan Sautéed green beans, carrots, peas & potatoes Vegetable pizza Fruit and bread	30	Lentejas con arroz Brócoli en salsa Fruta y pan Lentils with rice Broccoli in sauce Fruit and bread	31	Arroz napolitana Guisantes con patatas con brócoli salteado Fruta o lácteo y pan Neapolitan rice Peas with potatoes with sautéed broccoli Fruit or dairy desserts and bread					Kcal: 601 HC: 100 Prot: 21 Lip: 16	