



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Arroz milanese Tortilla francesa con judías verdes salteadas Fruta y pan Milanese rice Omelette with Sautéed green beans Fruit and bread	9 Crema de verduras con picatostes Contramuslo de pollo asado con panaché de verduras Fruta y pan Vegetable cream with croutons Baked chicken thigh with boiled vegetables Fruit and bread	10 Espaguetis boloñesa Rape a la romana con verduras salteadas Fruta o lácteo y pan Bolognese spaghetti Battered & fried monkfish with sautéed vegetables Fruit or dairy desserts and bread	11 Alubias a la jardinera Merluza con jamón y queso con brócoli salteado Fruta y pan White beans with vegetables Hake with ham & cheese 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: 682 HC: 85 Prot: 31 Lip: 25
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 Filete de lomo en salsa con arroz salteado Fruta y pan Cream of zucchini with croutons Loin steak in gravy with sautéed rice Fruit and bread	17 Arroz con magro y verduras Croquetas de pollo con brócoli salteado Fruta o lácteo y pan Pork & vegetable rice Chicken croquettes 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 en salsa con patatas al horno Flan de vainilla y pan Spirals with vegetables with tomato Haddock in sauce with baked potatoes Vanilla crème caramel and bread	Kcal: 739 HC: 97 Prot: 28 Lip: 26
22 Crema de judías verdes Albóndigas a la jardinera con cous cous Fruta y pan Cream of green bean Meatballs with vegetables 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 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 Profiteroles y pan Rice with vegetable Andalusian style codfish with sautéed peas Cream puffs and bread	Kcal: 759 HC: 85 Prot: 34 Lip: 30
29 Crema de verduras Longaniza al horno con patatas fritas Fruta y pan Vegetable cream Baked longaniza sausage with french fries Fruit and bread	30 Lentejas con arroz Tortilla de calabacín con menestra Fruta y pan Lentils with rice Zucchini omelette with menestra Fruit and bread	31 Arroz napolitana Ventresca de merluza al horno con patatas asadas Fruta o lácteo y pan Neapolitan rice Baked hake with baked potatoes Fruit or dairy desserts and bread			Kcal: 715 HC: 89 Prot: 30 Lip: 28