



lunes		martes		miércoles		jueves		viernes		I. Nutricional	
1		2		3		4		5		Kcal: 0 HC: 0 Prot: 0 Lip: 0	
8	Arroz milanesa Pechuga de pollo con judías verdes salteadas Fruta y pan Milanese rice Chicken breast 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 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 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 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: 761 HC: 91 Prot: 36 Lip: 30
15	Lentejas a la jardinera Butifarra al horno con guisantes salteados Fruta y pan Vegetables lentils Baked butifarra sausage 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 Pizza de jamón y queso con brócoli salteado Fruta o lácteo y pan Pork & vegetable rice Ham & cheese pizza 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: 725 HC: 97 Prot: 29 Lip: 25
22	Judías verdes con tomate y bacon Albóndigas a la jardinera con cous cous Fruta y pan Green beans with tomatoes & bacon Meatballs with vegetables with cous cous Fruit and bread	23	Alubias pintas a la riojana Hamburguesa con tomate al horno Fruta y pan Rioja style cooked beans Hamburger with baked tomato Fruit and bread	24	Pasta con atún Pinchos morunos con patatas campesinas Fruta o lácteo y pan Pasta with tuna Shish-kabab 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: 792 HC: 79 Prot: 34 Lip: 33
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 Lomo adobado con menestra Fruta y pan Lentils with rice Marinated tenderloin 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: 722 HC: 85 Prot: 38 Lip: 24	