



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 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 Lomo asado con verduras salteadas Fruta o lácteo y pan Bolognese spaghetti Grilled tenderloin 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: 742 HC: 91 Prot: 33 Lip: 29
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 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 Pechuga de pollo con patatas al horno Flan de vainilla y pan Spirals with vegetables with tomato Chicken breast with baked potatoes Vanilla crème caramel and bread		Kcal: 759 HC: 100 Prot: 29 Lip: 26
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 tomate Huevos revueltos con queso con patatas campesinas Fruta o lácteo y pan Pasta with tomato sauce Scrambled eggs with cheese with peasant potatoes Fruit or dairy desserts and bread	25	Crema de calabaza Jamoncitos de pollo al horno con patatas asadas Fruta y pan Cream of butternut squash Baked chicken drumsticks with baked potatoes Fruit and bread	26	Arroz con verduras Huevos gratinados con tomate y bechamel con guisantes salteados Profiteroles y pan Rice with vegetable Eggs au gatin with tomato & white sauce with sautéed peas Cream puffs and bread		Kcal: 774 HC: 84 Prot: 26 Lip: 32
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 Pavo en salsa con brócoli salteado Fruta o lácteo y pan Neapolitan rice Turkey with gravy with sautéed broccoli Fruit or dairy desserts and bread					Kcal: 671 HC: 88 Prot: 26 Lip: 29	