



| lunes |                                                                                                                                                                                   | martes |                                                                                                                                                                                                                               | miércoles |                                                                                                                                                                                                                          | jueves |                                                                                                                                                                                                           | viernes |                                                                                                                                                                      | I. Nutricional                             |  |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--|
|       |                                                                                                                                                                                   |        |                                                                                                                                                                                                                               |           |                                                                                                                                                                                                                          |        |                                                                                                                                                                                                           | 1       | Lentejas a la jardinera<br>Filete de merluza con lechuga y olivas negras<br>Fruta y pan<br>Vegetables lentils<br>Hake steak with lettuce & olives<br>Fruit and bread | Kcal: 708<br>HC: 79<br>Prot: 40<br>Lip: 29 |  |
| 4     | Menestra de verdura salteada<br>Hamburguesa a la plancha con lechuga y maíz<br>Fruta y pan<br>Sautéed minestrone<br>Grilled hamburger with lettuce & sweetcorn<br>Fruit and bread | 5      | Macarrones con tomate<br>Merlán al horno con ensalada verde (lechuga,pimiento verde y aceituna)<br>Fruta y pan<br>Macaroni with tomato<br>Baked whiting with green salad (lettuce, green peppers & olives)<br>Fruit and bread | 6         | Crema de calabaza<br>Filete de pollo con ensalada tricolor (lechuga,zanahoria y maíz)<br>Fruta y pan<br>Cream of butternut squash<br>Chicken steak with tricolor salad (lettuce, carrots & sweetcorn)<br>Fruit and bread | 7      | Sopa de ave con arroz<br>Tortilla de atún con lechuga y zanahoria<br>Postre lácteo y pan<br>Chicken soup with rice<br>Tuna omelette with lettuce & carrot<br>Dairy dessert and bread                      | 8       | Alubias blancas estofadas<br>Palometa con tomate con pisto<br>Fruta y pan<br>Stewed white beans<br>Pomfret with tomato sauce with ratatouille<br>Fruit and bread     | Kcal: 670<br>HC: 76<br>Prot: 27<br>Lip: 27 |  |
| 11    | Judías verdes rehogadas<br>Lacón al horno con lechuga y olivas negras<br>Fruta y pan<br>Sauteed green beans<br>Baked lacón pork with lettuce & olives<br>Fruit and bread          | 12     | Sopa de cocido<br>Cocido completo<br>Fruta y pan<br>"Cocido" soup<br>Full course "cocido" stew<br>Fruit and bread                                                                                                             | 13        | Paella mixta<br>Tortilla francesa con lechuga y tomate (eco.)<br>Fruta y pan<br>Mixed paella<br>Omelette with lettuce & tomatoes<br>Fruit and bread                                                                      | 14     | Crema de verduras<br>Jamoncitos de pollo con patatas fritas<br>Postre lácteo y pan<br>Vegetable cream<br>Chicken drumsticks with french fries<br>Dairy dessert and bread                                  | 15      | Alubias pintas estofadas<br>Merluza con lechuga y zanahoria<br>Fruta y pan<br>Stewed pinto beans<br>Hake with lettuce & carrot<br>Fruit and bread                    | Kcal: 658<br>HC: 78<br>Prot: 30<br>Lip: 24 |  |
| 18    | Sopa de fideos<br>Cinta de lomo con verduras salteadas<br>Fruta y pan<br>Noodle soup<br>Pork loin with sautéed vegetables<br>Fruit and bread                                      | 19     | Lentejas estofadas<br>Salmón con ensalada tricolor (lechuga,zanahoria y maíz)<br>Fruta y pan<br>Stewed lentils<br>Salmon with tricolor salad (lettuce, carrots & sweetcorn)<br>Fruit and bread                                | 20        | Arroz con pollo<br>Albóndigas en salsa con patatas dado<br>Fruta (eco.) y pan<br>Rice with chichen<br>Meatballs in gravy with diced potatoes<br>Fruit and bread                                                          | 21     | Macarrones con tomate<br>Tortilla de patatas con lechuga y olivas negras<br>Postre lácteo y pan<br>Macaroni with tomato sauce<br>Spanish potato omelette with lettuce & olives<br>Dairy dessert and bread | 22      | COMIDA ESPECIAL                                                                                                                                                      | Kcal: 767<br>HC: 89<br>Prot: 32<br>Lip: 29 |  |
| 25    |                                                                                                                                                                                   | 26     |                                                                                                                                                                                                                               | 27        |                                                                                                                                                                                                                          | 28     |                                                                                                                                                                                                           | 29      |                                                                                                                                                                      | Kcal: 0<br>HC: 0<br>Prot: 0<br>Lip: 0      |  |