



| lunes |                                                                                                                                                                                                                          | martes |                                                                                                                                                                                                                                        | miércoles |                                                                                                                                                                                                                                                             | jueves |                                                                                                                                                                                                   | viernes |                                                                                                                                                                                                | I. Nutricional                             |  |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--|
|       |                                                                                                                                                                                                                          |        |                                                                                                                                                                                                                                        |           |                                                                                                                                                                                                                                                             |        |                                                                                                                                                                                                   | 1       | Lentejas a la jardinera<br>Ternera en salsa con lechuga y olivas negras<br>Fruta y pan<br>Vegetables lentils<br>Beef in sauce with lettuce & olives<br>Fruit and bread                         | Kcal: 723<br>HC: 81<br>Prot: 38<br>Lip: 30 |  |
| 4     | Menestra de verdura salteada con jamón<br>Hamburguesa a la plancha con lechuga y maíz<br>Fruta y pan integral<br>Minestrone sautéed with ham<br>Grilled hamburger with lettuce & sweetcorn<br>Fruit and whole meal bread | 5      | Macarrones (eco.) con tomate<br>Pavo en salsa con ensalada verde (lechuga,pimiento verde y aceituna)<br>Fruta y pan<br>Macaroni with tomato<br>Turkey with gravy with green salad (lettuce, green peppers & olives)<br>Fruit and bread | 6         | Crema de calabaza<br>Escalope de pollo con ensalada tricolor (lechuga,zanahoria y maíz)<br>Fruta y pan integral<br>Cream of butternut squash<br>Chicken escalope (breaded) with tricolor salad (lettuce, carrots & sweetcorn)<br>Fruit and whole meal bread | 7      | Sopa de ave con arroz<br>Tortilla francesa con lechuga y zanahoria<br>Postre lácteo y pan<br>Chicken soup with rice<br>Omelette with lettuce & carrot<br>Dairy dessert and bread                  | 8       | Alubias blancas estofadas<br>Pollo al ajillo con pisto<br>Fruta y pan<br>Stewed white beans<br>Chicken with garlic with ratatouille<br>Fruit and bread                                         | Kcal: 643<br>HC: 75<br>Prot: 26<br>Lip: 25 |  |
| 11    | Judías verdes rehogadas<br>Lacón al horno con lechuga y olivas negras<br>Fruta y pan integral<br>Sauteed green beans<br>Baked lacón pork with lettuce & olives<br>Fruit and whole meal 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 de verduras<br>Tortilla de jamón york con lechuga y tomate (eco.)<br>Fruta y pan integral<br>Vegetarian paella<br>Cooked ham omelette with lettuce & tomatoes<br>Fruit and whole meal 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>Filete ruso casero con lechuga y zanahoria<br>Fruta y pan<br>Stewed pinto beans<br>Homemade hamburger steak (with spices) with lettuce & carrot<br>Fruit and bread | Kcal: 649<br>HC: 75<br>Prot: 27<br>Lip: 27 |  |
| 18    | Sopa de picadillo<br>Cinta de lomo con verduras salteadas<br>Fruta y pan integral<br>Broth with ham & egg bits<br>Pork loin with sautéed vegetables<br>Fruit and whole meal bread                                        | 19     | Lentejas estofadas<br>Magro estofado con ensalada tricolor (lechuga,zanahoria y maíz)<br>Fruta y pan<br>Stewed lentils<br>Pork steak stew 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 integral<br>Rice with chicken<br>Meatballs in gravy with diced potatoes<br>Fruit and whole meal bread                                                                         | 21     | Macarrones gratinados<br>Tortilla de patatas con lechuga y olivas negras<br>Postre lácteo y pan<br>Macaroni au gratin<br>Spanish potato omelette with lettuce & olives<br>Dairy dessert and bread | 22      | COMIDA ESPECIAL                                                                                                                                                                                | Kcal: 770<br>HC: 85<br>Prot: 33<br>Lip: 32 |  |
| 25    |                                                                                                                                                                                                                          | 26     |                                                                                                                                                                                                                                        | 27        |                                                                                                                                                                                                                                                             | 28     |                                                                                                                                                                                                   | 29      |                                                                                                                                                                                                | Kcal: 0<br>HC: 0<br>Prot: 0<br>Lip: 0      |  |