



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			1 Sopa de fideos Cocido completo (sin chorizo) Fruta y pan Noodle soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	2 Arroz con verduras Merluza a la romana con lechuga y zanahoria Postre lácteo y pan Rice with vegetable Battered & fried hake with lettuce & carrot Dairy dessert and bread	Kcal: 685 HC: 101 Prot: 29 Lip: 21
5 Lentejas estofadas Filete de pollo con patatas al vapor Fruta y pan Stewed lentils Chicken steak with steamed potatoes Fruit and bread	6 Macarrones gratinados Tortilla francesa con lechuga y olivas negras Fruta y pan Macaroni au gratin Omelette with lettuce & olives Fruit and bread	7 Arroz napolitana Caella adobada con lechuga y maíz Fruta y pan Neapolitan rice Pickled blue shark with lettuce & sweetcorn Fruit and bread	8 Sopa de fideos Cocido completo (sin chorizo) Fruta y pan Noodle soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	9 Crema de calabacín Pollo asado al limón con patatas Postre lácteo y pan Cream of zucchini Roasted lemon chicken with potatoes Dairy dessert and bread	Kcal: 685 HC: 89 Prot: 31 Lip: 25
12 Coditos con tomate Tortilla francesa con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Pasta with tomato sauce Omelette with green salad (lettuce, green peppers & olives) Fruit and bread	13 Alubias blancas estofadas Filete de merluza con lechuga y zanahoria Fruta y pan Stewed white beans Hake steak with lettuce & carrot Fruit and bread	14 Brócoli salteado Pavo en salsa con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Sautéed broccoli Turkey with gravy with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	15 Lentejas estofadas Hamburguesa de ternera con lechuga y maíz Fruta y pan Stewed lentils Beef hamburger with lettuce & sweetcorn Fruit and bread	16 Arroz negro Ragout de ternera a la jardinera con verduritas Postre lácteo y pan Black rice Beef ragout sauce with veggies with vegetables Dairy dessert and bread	Kcal: 691 HC: 85 Prot: 32 Lip: 24
19 JORNADA SENEGALESA Sopa de fideos Jamoncitos de pollo Yassa con arroz salteado Postre Especial y pan Noodle soup Yassa chicken drumsticks with sautéed rice Special desserts and bread	20 Espirales napolitana Merlán a la andaluza con lechuga y olivas negras Fruta y pan Spirals in neapolitan sauce Andalucian style whiting with lettuce & olives Fruit and bread	21 Crema de verduras Tortilla de patatas con lechuga y zanahoria Fruta y pan Vegetable cream Spanish potato omelette with lettuce & carrot Fruit and bread	22 Patatas guisadas Palometa con tomate con guisantes salteados Fruta y pan Stewed potatoes Pomfret with tomato sauce with sautéed peas Fruit and bread	23 FESTIVO	Kcal: 740 HC: 86 Prot: 35 Lip: 32
26 FESTIVO	27 FESTIVO	28 FESTIVO	29 FESTIVO	30 FESTIVO	Kcal: 0 HC: 0 Prot: 0 Lip: 0