



lunes	martes	miércoles	jueves	viernes	I. Nutricional
	1 FESTIVO	2 FESTIVO	3 Arroz con verduras Merlán al horno con zanahorias baby Fruta y pan Rice with vegetable Baked whiting with baby carrots Fruit and bread	4 Crema de calabaza Filete de pollo con patatas Postre lácteo y pan Cream of butternut squash Chicken steak with potatoes Dairy dessert and bread	Kcal: 735 HC: 85 Prot: 29 Lip: 33
7 Macarrones gratinados Pavo al ajillo con lechuga y maíz Fruta y pan Macaroni au gratin Turkey with garlic with lettuce & sweetcorn Fruit and bread	8 Lentejas a la jardinera Tortilla de atún con lechuga y zanahoria Fruta y pan Vegetables lentils Tuna omelette with lettuce & carrot Fruit and bread	9 Arroz napolitana Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Neapolitan rice Hake steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	10 Coliflor rehogada Hamburguesa de ternera con lechuga y olivas negras Fruta y pan Sautéed cauliflower Beef hamburger with lettuce & olives Fruit and bread	11 Crema de calabacín Merlán a la romana con lechuga y zanahoria Postre lácteo y pan Cream of zucchini Batter-fried whiting with lettuce & carrot Dairy dessert and bread	Kcal: 647 HC: 75 Prot: 28 Lip: 26
14 Arroz con tomate Pollo en salsa con verduritas Fruta y pan Rice with tomato sauce Chicken in sauce with vegetables Fruit and bread	15 Sopa de fideos Cocido completo (sin chorizo) Fruta y pan Noodle soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	16 Crema de zanahoria Tortilla española con lechuga y maíz Fruta y pan Cream of carrot Spanish omelette with lettuce & sweetcorn Fruit and bread	17 Espirales con verduras Atún con tomate con patatas dado Fruta y pan Spirals with vegetables Tuna with tomato sauce with diced potatoes Fruit and bread	18 Lentejas estofadas Ragout de pavo con zanahorias salteadas Postre lácteo y pan Stewed lentils Turkey stew with sautéed carrots Dairy dessert and bread	Kcal: 706 HC: 93 Prot: 30 Lip: 27
21 JORNADA BRASILEÑA Crema de maíz Pollo en salsa con verduritas Postre Especial y pan Creamed corn Chicken in sauce with vegetables Special desserts and bread	22 Patatas guisadas Caella adobada con lechuga y zanahoria Fruta y pan Stewed potatoes Pickled blue shark with lettuce & carrot Fruit and bread	23 Judías verdes rehogadas Jamoncitos de pollo con patatas dado Fruta y pan Sautéed green beans Chicken drumsticks with diced potatoes Fruit and bread	24 Alubias pintas estofadas Bacalao con lechuga y maíz Fruta y pan Stewed pinto beans Codfish with lettuce & sweetcorn Fruit and bread	25 Coditos con tomate Tortilla francesa con ensalada tricolor (lechuga, zanahoria y maíz) Postre lácteo y pan Pasta with tomato sauce Omelette with tricolor salad (lettuce, carrots & sweetcorn) Dairy dessert and bread	Kcal: 712 HC: 75 Prot: 35 Lip: 30
28 Crema de legumbres Estofado de pavo con patatas Fruta y pan Cream of legumes Turkey stew with potatoes Fruit and bread	29 Arroz con verduras Merluza a la romana con lechuga y zanahoria Fruta y pan Rice with vegetable Battered & fried hake with lettuce & carrot Fruit and bread	30 Macarrones napolitana Filete de pollo con ensalada verde (lechuga, pimiento verde y aceituna) Fruta y pan Macaroni in neapolitan sauce Chicken steak with green salad (lettuce, green peppers & olives) Fruit and bread	31 Sopa de fideos Cocido completo (sin chorizo) Fruta y pan Noodle soup Full course "cocido" stew (without chorizo sausage) Fruit and bread		Kcal: 678 HC: 91 Prot: 29 Lip: 24