



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		<p><b>1</b></p> <p>Patatas estofadas Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Stewed potatoes Cheese omelette with spring salad (lettuce, tomatoes &amp; sweetcorn) Fruit and bread (gluten free)</p>	<p><b>2</b></p> <p>Alubias blancas estofadas Lacón a la gallega con patatas cocidas Fruta y pan (sin gluten) Stewed white beans Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread (gluten free)</p>	<p><b>3</b></p> <p>Arroz napolitana Merluza al horno con zanahorias salteadas Yogur y pan (sin gluten) Neapolitan rice Baked hake with sautéed carrots Yoghurt and bread (gluten free)</p>	<p>Kcal: 661 HC: 78 Prot: 28 Lip: 30</p>
<p><b>6</b></p> <p>Lentejas a la jardinera Huevos revueltos con jamón con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan (sin gluten) Vegetables lentils Scrambled eggs with ham with green salad (lettuce, green peppers &amp; green olives) Fruit and bread (gluten free)</p>	<p><b>7</b></p> <p>Arroz milanese Fogonero al horno con pisto Fruta y pan (sin gluten) Milanese rice Baked pollack with ratatouille Fruit and bread (gluten free)</p>	<p><b>8</b></p> <p>Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)</p>	<p><b>9</b></p> <p>Crema de calabacín Jamoncitos de pollo al limón con patatas fritas Fruta y pan (sin gluten) Cream of zucchini soup Lemon chicken drumsticks with french fries Fruit and bread (gluten free)</p>	<p><b>10</b></p> <p>Pasta (sin gluten) gratinada Bacalao al horno con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Pasta au gratin (gluten free) Baked cod with garden salad (lettuce, tomatoes &amp; carrots) Yoghurt and bread (gluten free)</p>	<p>Kcal: 721 HC: 81 Prot: 35 Lip: 31</p>
<p><b>13</b></p> <p>Coliflor rehogada Estofado de ternera con patatas dado Fruta y pan (sin gluten) Sautéed cauliflower Beef stew with diced potatoes Fruit and bread (gluten free)</p>	<p><b>14</b></p> <p>Judías pintas estofadas Tortilla de patatas con lechuga y olivas negras Fruta y pan (sin gluten) Stewed pinto beans Spanish potato omelette with lettuce &amp; olives Fruit and bread (gluten free)</p>	<p><b>15</b></p> <p>Espaguetis carbonara (sin gluten) Ventresca de merluza al horno con lechuga, zanahoria y maíz Fruta y pan (sin gluten) Spaghetti carbonara (gluten free) Baked hake with lettuce, carrot &amp; sweetcorn Fruit and bread (gluten free)</p>	<p><b>16</b></p> <p><b>JORNADA EGIPCIA</b> Chana masala Karahi de pollo con arroz salteado Lassi de plátano y pan (sin gluten) Chana Masala Chicken Karahi with sautéed rice Banana Lassi and bread (gluten free)</p>	<p><b>17</b></p> <p><b>FESTIVO</b></p>	<p>Kcal: 710 HC: 84 Prot: 33 Lip: 28</p>
<p><b>20</b></p> <p><b>FESTIVO</b></p>	<p><b>21</b></p> <p>Paella de verduras Tortilla de jamón york con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Vegetarian paella Cooked ham omelette with garden salad (lettuce, tomatoes &amp; carrots) Yoghurt and bread (gluten free)</p>	<p><b>22</b></p> <p>Crema de zanahoria y calabaza Abadejo al horno con ensalada Fruta y pan (sin gluten) Cream of carrot &amp; butterkin squash soup Baked haddock with salad Fruit and bread (gluten free)</p>	<p><b>23</b></p> <p>Sopa de picadillo (sin gluten) Escalope casero con patatas fritas Fruta y pan (sin gluten) Broth with ham &amp; egg bits (gluten free) Homemade escalope with french fries Fruit and bread (gluten free)</p>	<p><b>24</b></p> <p>Lentejas estofadas Jamoncitos de pollo a la riojana con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Lentil stew Rioja style chicken drumsticks with spring salad (lettuce, tomatoes &amp; sweetcorn) Fruit and bread (gluten free)</p>	<p>Kcal: 712 HC: 79 Prot: 30 Lip: 32</p>
<p><b>27</b></p> <p>Judías verdes rehogadas Albóndigas a la jardinera con champiñones Fruta y pan (sin gluten) Sautéed green beans Meatballs with vegetables with mushrooms Fruit and bread (gluten free)</p>	<p><b>28</b></p> <p>Pasta (sin gluten) con chorizo Palometa con tomate con pisto Fruta y pan (sin gluten) Pasta (gluten free) with chorizo Pomfret with tomato sauce with ratatouille Fruit and bread (gluten free)</p>	<p><b>29</b></p> <p>Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)</p>	<p><b>30</b></p> <p>Arroz negro Huevos gratinados con tomate Fruta y pan (sin gluten) Black rice Eggs au gratin with tomato Fruit and bread (gluten free)</p>	<p><b>31</b></p> <p>Crema de verduras Merluza a la plancha con lechuga, zanahoria y maíz Yogur y pan (sin gluten) Cream of vegetable soup Grilled hake with lettuce, carrot &amp; sweetcorn Yoghurt and bread (gluten free)</p>	<p>Kcal: 743 HC: 81 Prot: 33 Lip: 27</p>