



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		1 Patatas estofadas Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Stewed potatoes Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	2 Alubias blancas estofadas Lacón a la gallega con patatas cocidas Fruta y pan Stewed white beans Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	3 Arroz napolitana Merluza al horno con zanahorias salteadas Yogur y pan Neapolitan rice Baked hake with sautéed carrots Yoghurt and bread	Kcal: 631 HC: 76 Prot: 29 Lip: 28
6 Lentejas a la jardinera Huevos revueltos con jamón con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Vegetables lentils Scrambled eggs with ham with green salad (lettuce, green peppers & green olives) Fruit and bread	7 Arroz milanese Fogonero al horno con pisto Fruta y pan Milanese rice Baked pollack with ratatouille Fruit and bread	8 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	9 Crema de calabacín Jamoncitos de pollo al limón con patatas fritas Fruta y pan Cream of zucchini soup Lemon chicken drumsticks with french fries Fruit and bread	10 Coditos gratinados Bacalao al horno con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Grilled pasta Baked cod with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	Kcal: 708 HC: 82 Prot: 36 Lip: 30
13 Coliflor gratinada Estofado de ternera con patatas dado Fruta y pan Cauliflower au gratin Beef stew with diced potatoes Fruit and bread	14 Judías pintas estofadas Tortilla de patatas con lechuga y olivas negras Fruta y pan Stewed pinto beans Spanish potato omelette with lettuce & olives Fruit and bread	15 Espaguetis carbonara Ventresca a la andaluza con lechuga, zanahoria y maíz Fruta y pan Spaghetti in carbonara sauce Andalusian style hake with lettuce, carrot & sweetcorn Fruit and bread	16 JORNADA EGIPCIA Chana masala Karahi de pollo con arroz salteado Lassi de plátano y pan Chana Masala Chicken Karahi with sautéed rice Banana Lassi and bread	17 FESTIVO	Kcal: 740 HC: 89 Prot: 35 Lip: 30
20 FESTIVO	21 Paella de verduras Tortilla de jamón york con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Vegetarian paella Cooked ham omelette with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	22 Crema de zanahoria y calabaza Abadejo a la romana con ensalada César Fruta y pan Cream of carrot & butterkin squash soup Battered & fried haddock with Caesar salad Fruit and bread	23 Sopa de picadillo Escalope a la milanese con patatas fritas Fruta y pan Broth with ham & egg bits Milanese style breaded steak with french fries Fruit and bread	24 Lentejas estofadas Jamoncitos de pollo a la riojana con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentil stew Rioja style chicken drumsticks with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 732 HC: 81 Prot: 33 Lip: 32
27 Judías verdes rehogadas Albóndigas a la jardinera con champiñones Fruta y pan Sautéed green beans Meatballs with vegetables with mushrooms Fruit and bread	28 Macarrones con chorizo Palometa con tomate con pisto Fruta y pan Macaroni with chorizo sausage Pomfret with tomato sauce with ratatouille Fruit and bread	29 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	30 Arroz negro Huevos gratinados con tomate Fruta y pan Black rice Eggs au gratin with tomato Fruit and bread	31 Crema de verduras Merluza a la romana con lechuga, zanahoria y maíz Yogur y pan Cream of vegetable soup Battered & fried hake with lettuce, carrot & sweetcorn Yoghurt and bread	Kcal: 711 HC: 82 Prot: 34 Lip: 24