



| lunes | martes | miércoles | jueves | viernes | I. Nutricional |
|---|---|--|---|---|--|
| | | 1 Patatas estofadas Tortilla francesa con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Stewed potatoes Plain 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 de soja y pan Neapolitan rice Baked hake with sautéed carrots Soybean yoghurt and bread | Kcal: 615 HC: 81 Prot: 27 Lip: 24 |
| 6 Lentejas a la jardinera Huevos revueltos con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Vegetables lentils Scrambled eggs with green salad (lettuce, green peppers & green olives) Fruit and bread | 7 Arroz con tomate Fogonero al horno con pisto Fruta y pan Rice with tomato sauce 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 con tomate Bacalao al horno con ensalada hortelana (lechuga, tomate y zanahoria) Yogur de soja y pan Pasta with tomato sauce Baked cod with garden salad (lettuce, tomatoes & carrots) Soybean yoghurt and bread | Kcal: 687 HC: 86 Prot: 35 Lip: 25 |
| 13 Coliflor rehogada Estofado de ternera con patatas dado Fruta y pan Sautéed cauliflower 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 con tomate Ventresca a la andaluza con lechuga, zanahoria y maíz Fruta y pan Spaghetti with tomato sauce Andalusian style hake with lettuce, carrot & sweetcorn Fruit and bread | 16 JORNADA EGIPCIA Chana masala Karahi de pollo con arroz salteado Postre Especial y pan Chana Masala Chicken Karahi with sautéed rice Special desserts and bread | 17 FESTIVO | Kcal: 688 HC: 86 Prot: 34 Lip: 26 |
| 20 FESTIVO | 21 Paella de verduras Tortilla francesa con ensalada hortelana (lechuga, tomate y zanahoria) Yogur de soja y pan Vegetarian paella Plain omelette with garden salad (lettuce, tomatoes & carrots) Soybean yoghurt and bread | 22 Crema de zanahoria y calabaza Abadejo a la romana con ensalada Fruta y pan Cream of carrot & butterkin squash soup Battered & fried haddock with salad Fruit and bread | 23 Sopa de pasta Escalope casero con patatas fritas Fruta y pan Pasta soup Homemade escalope 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: 684 HC: 83 Prot: 29 Lip: 27 |
| 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 con verduras Huevo duro en salsa de tomate Fruta y pan Vegetable rice Hard-boiled egg in tomato sauce Fruit and bread | 31 Crema de verduras Merluza a la romana con lechuga, zanahoria y maíz Yogur de soja y pan Cream of vegetable soup Battered & fried hake with lettuce, carrot & sweetcorn Soybean yoghurt and bread | Kcal: 701 HC: 82 Prot: 30 Lip: 24 |