



lunes	martes	miércoles	jueves	viernes	I. Nutricional
MARISCO, PESCADO Y HUEVO		1 Patatas estofadas Filete de pollo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Stewed potatoes Chicken steak 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 Cinta de lomo con zanahorias salteadas Yogur y pan Neapolitan rice Pork loin with sautéed carrots Yoghurt and bread	Kcal: 677 HC: 76 Prot: 32 Lip: 32
6 Lentejas a la jardinera Pavo a la plancha con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Vegetables lentils Grilled turkey with green salad (lettuce, green peppers & green olives) Fruit and bread	7 Arroz milanese Filete ruso casero con pisto Fruta y pan Milanese rice Homemade hamburger steak (with spices) with ratatouille Fruit and bread	8 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) 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 Pasta (sin huevo) con tomate Magro con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Pasta (without egg) with tomato Pork steak with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	Kcal: 675 HC: 81 Prot: 33 Lip: 29
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 Cinta de lomo con lechuga y olivas negras Fruta y pan Stewed pinto beans Pork loin with lettuce & olives Fruit and bread	15 Pasta carbonara (sin huevo) Pavo a la plancha con lechuga, zanahoria y maíz Fruta y pan Pasta in carbonara sauce (gluten egg) Grilled turkey with lettuce, carrot & sweetcorn Fruit and bread	16 <b>JORNADA EGIPCIA</b> 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 <b>FESTIVO</b>	Kcal: 665 HC: 76 Prot: 37 Lip: 25
20 <b>FESTIVO</b>	21 Paella de verduras Filete de pollo con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Vegetarian paella Chicken steak with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	22 Crema de zanahoria y calabaza Magro con ensalada Fruta y pan Cream of carrot & butterkin squash soup Pork steak with salad Fruit and bread	23 Sopa de picadillo (sin huevo) Escalope casero con patatas fritas Fruta y pan Broth with ham bits (without egg) 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: 715 HC: 78 Prot: 33 Lip: 31
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 Pasta (sin huevo) con chorizo Pavo a la plancha con pisto Fruta y pan Pasta (without egg) with chorizo sausage Grilled turkey with ratatouille Fruit and bread	29 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	30 Arroz con verduras Filete de pollo con ensalada Fruta y pan Vegetable rice Chicken steak with salad Fruit and bread	31 Crema de verduras Ternera a la plancha con lechuga, zanahoria y maíz Yogur y pan Cream of vegetable soup Grilled beef with lettuce, carrot & sweetcorn Yoghurt and bread	Kcal: 652 HC: 73 Prot: 30 Lip: 22