



lunes	martes	miércoles	jueves	viernes	I. Nutricional
2	3	4	5	6	Kcal: 0 HC: 0 Prot: 0 Lip: 0
9 Arroz con tomate Huevos revueltos con champiñones con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Rice with tomato sauce Scrambled eggs with mushrooms with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)	10 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)	11 Fideuá (sin gluten) Lacón a la gallega con patatas cocidas Fruta y pan (sin gluten) Fideua (gluten free) Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread (gluten free)	12 Crema de calabaza Jamoncitos de pollo al ajillo con patatas dado Fruta y pan (sin gluten) Cream of butterkin squash soup Chicken drumsticks in garlic sauce with diced potatoes Fruit and bread (gluten free)	13 Alubias blancas estofadas Ventresca de merluza al horno con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan (sin gluten) Stewed white beans Baked hake with green salad (lettuce, green peppers & green olives) Fruit and bread (gluten free)	Kcal: 631 HC: 79 Prot: 33 Lip: 21
16 Marmitako de atún Cinta de lomo con ensalada de lechuga, tomate y queso Yogur y pan (sin gluten) Marmitako tuna Pork loin with lettuce, tomato & cheese salad Yoghurt and bread (gluten free)	17 Crema de zanahoria Pollo asado con menestra Fruta y pan (sin gluten) Cream of carrot soup Roasted chicken with menestra Fruit and bread (gluten free)	18 Lentejas a la jardinera Tortilla de calabacín con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Vegetables lentils Zucchini omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	19 JORNADA RUSA Crema Borsch (remolacha, zanahoria y queso) Ternera stroganoff con arroz salteado Postre Especial y pan (sin gluten) Borsch Cream (beets, carrots and cheese) Beef Stroganoff with sautéed rice Special desserts and bread (gluten free)	20 Pasta (sin gluten) napolitana Limanda al horno con lechuga y olivas negras Fruta y pan (sin gluten) Neapolitan style pasta (gluten free) Baked yellowfin sole with lettuce & olives Fruit and bread (gluten free)	Kcal: 687 HC: 75 Prot: 34 Lip: 30
23 Judías verdes rehogadas Hamburguesa con ensalada tricolor (lechuga, zanahoria y maíz) Yogur y pan (sin gluten) Sauteed green beans Hamburger with tricolor salad (lettuce, carrots & sweetcorn) Yoghurt and bread (gluten free)	24 Arroz a banda Bacalao al horno con pisto Fruta y pan (sin gluten) Rice "a banda" Baked cod with ratatouille Fruit and bread (gluten free)	25 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)	26 Pasta carbonara (sin gluten) Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Pasta in carbonara sauce (gluten free) Hake steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)	27 Judías pintas estofadas Tortilla de patatas con ensalada de tomate Fruta y pan (sin gluten) Stewed pinto beans Spanish potato omelette with tomato salad Fruit and bread (gluten free)	Kcal: 734 HC: 80 Prot: 34 Lip: 28
30 Coditos (sin gluten) napolitana Merluza a la plancha con ensalada de lechuga, maíz y aceitunas negras Yogur y pan (sin gluten) Neapolitan style elbow pasta (gluten free) Grilled hake with lettuce salad with sweetcorn & black olives Yoghurt and bread (gluten free)	31 Crema de puerros Pollo asado con patatas fritas Fruta y pan (sin gluten) Cream of leek soup Roasted chicken with french fries Fruit and bread (gluten free)				Kcal: 734 HC: 69 Prot: 31 Lip: 39