



lunes	martes	miércoles	jueves	viernes	I. Nutricional
SIN HUEVO NI LEGUMBRES			1 Arroz con tomate Filete de pollo con lechuga y tomate Fruta y pan Rice with tomato sauce Chicken steak with lettuce & tomatoes Fruit and bread	2 Crema de verduras Chuleta de aguja con lechuga, zanahoria y maíz Fruta y pan Cream of vegetable soup Rib chop with lettuce, carrot & sweetcorn Fruit and bread	Kcal: 697 HC: 77 Prot: 28 Lip: 34
5 Crema de zanahoria Pechuga de pavo al horno con ensalada de tomate Yogur y pan Cream of carrot soup Baked turkey breast with tomato salad Yoghurt and bread	6 FESTIVO	7 Macarrones con chorizo Filete de pollo con lechuga, zanahoria y aceitunas Fruta y pan Macaroni with chorizo sausage Chicken steak with lettuce, carrot & olives Fruit and bread	8 FESTIVO	9 FESTIVO	Kcal: 588 HC: 77 Prot: 32 Lip: 23
12 Crema de puerros Albóndigas frescas a la jardinera con zanahorias salteadas Fruta y pan Cream of leek soup Fresh meatballs with veggies with sautéed carrots Fruit and bread	13 Patatas estofadas Limanda al horno con ensalada Fruta y pan Stewed potatoes Baked yellowfin sole with salad Fruit and bread	14 Arroz con pollo Lomo a la plancha con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Rice with chicken Grilled tenderloin with garden salad (lettuce, tomatoes & carrots) Fruit and bread	15 Sopa de fideos Filete de ternera con ensalada Fruta y pan Noodle soup Beef steak with salad Fruit and bread	16 Coditos napolitana Filete de merluza con ensalada Yogur y pan Neapolitan style Pasta Hake steak with salad Yoghurt and bread	Kcal: 639 HC: 71 Prot: 31 Lip: 25
19 Patatas marinera Filete de pollo con ensalada Fruta y pan Seafaring potatoes Chicken steak with salad Fruit and bread	20 Crema de verduras Lacón a la gallega con patatas cocidas Fruta y pan Cream of vegetable soup Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	21 Arroz con tomate Palometa con salsa de tomate con champiñones salteados Fruta y pan Rice with tomato sauce Pomfret with tomato sauce with sautéed mushrooms Fruit and bread	22 COMIDA ESPECIAL NAVIDAD Sopa de fideos Hamburguesa completa con patatas chips Postre Especial Noodle soup Complete hamburger with potato chips Special desserts	23 FESTIVO	Kcal: 742 HC: 87 Prot: 31 Lip: 33
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0