



lunes	martes	miércoles	jueves	viernes	I. Nutricional
2	3	4	5	6	Kcal: 0 HC: 0 Prot: 0 Lip: 0
9 Arroz con tomate Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Rice with tomato sauce Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	10 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	11 Pasta (sin huevo ni queso) napolitana Lacón a la gallega con patatas cocidas Fruta y pan Pasta in neapolitan sauce (egg & cheese free) Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	12 Crema de calabaza Jamoncitos de pollo al ajillo con patatas dado Fruta y pan Cream of butterkin squash soup Chicken drumsticks in garlic sauce with diced potatoes Fruit and bread	13 Alubias blancas estofadas Filete de ternera con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Stewed white beans Beef steak with green salad (lettuce, green peppers & green olives) Fruit and bread	Kcal: 596 HC: 78 Prot: 34 Lip: 18
16 Patatas estofadas Cinta de lomo con lechuga y tomate Yogur y pan Stewed potatoes Pork loin with lettuce & tomatoes Yoghurt and bread	17 Crema de zanahoria Pollo asado con menestra Fruta y pan Cream of carrot soup Roasted chicken with menestra Fruit and bread	18 Lentejas a la jardinera Pavo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Vegetables lentils Grilled turkey with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	19 JORNADA RUSA Crema Borsch (remolacha, zanahoria y queso) Ternera stroganoff con arroz salteado Postre Especial y pan Borsch Cream (beets, carrots and cheese) Beef Stroganoff with sautéed rice Special desserts and bread	20 Pasta (sin huevo ni queso) napolitana Bistec de magro con lechuga y olivas negras Fruta y pan Pasta in neapolitan sauce (egg & cheese free) Pork steak with lettuce & olives Fruit and bread	Kcal: 653 HC: 74 Prot: 35 Lip: 27
23 Judías verdes rehogadas Hamburguesa con ensalada tricolor (lechuga, zanahoria y maíz) Yogur y pan Sauteed green beans Hamburger with tricolor salad (lettuce, carrots & sweetcorn) Yoghurt and bread	24 Arroz con tomate Magro con pisto Fruta y pan Rice with tomato sauce Pork steak with ratatouille Fruit and bread	25 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	26 Pasta carbonara (sin huevo) Pechuga de pavo al horno con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan <i>Pasta carbonara (sin huevo)</i> Baked turkey breast with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	27 Judías pintas estofadas Filete de pollo con ensalada de tomate Fruta y pan Stewed pinto beans Chicken steak with tomato salad Fruit and bread	Kcal: 676 HC: 76 Prot: 32 Lip: 24
30 Pasta (sin huevo ni queso) napolitana Lomo a la plancha con ensalada de lechuga, maíz y aceitunas negras Yogur y pan Pasta in neapolitan sauce (egg & cheese free) Grilled tenderloin with lettuce salad with sweetcorn & black olives Yoghurt and bread	31 Crema de puerros Pollo asado con patatas fritas Fruta y pan Cream of leek soup Roasted chicken with french fries Fruit and bread			MARISCO, PESCADO Y HUEVO	Kcal: 749 HC: 75 Prot: 33 Lip: 38