



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 Rice with tomato sauce Scrambled eggs with mushrooms with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	10 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	11 Pasta con tomate Lacón a la gallega con patatas cocidas Fruta y pan Pasta with tomato sauce Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	12 Crema de calabaza Jamonicitos 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: 603 HC: 79 Prot: 32 Lip: 20
16 Patatas estofadas Cinta de lomo con ensalada de lechuga, tomate y queso Yogur y pan Stewed potatoes Pork loin with lettuce, tomato & cheese salad 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 Tortilla de calabacín con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Vegetables lentils Zucchini omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	19 <b>JORNADA RUSA</b> 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 Espirales napolitana Pavo a la plancha con lechuga y olivas negras Fruta y pan Spirals in neapolitan sauce Grilled turkey with lettuce & olives Fruit and bread	Kcal: 641 HC: 74 Prot: 34 Lip: 26
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 Filete de pollo con pisto Fruta y pan Rice with tomato sauce Chicken steak with ratatouille Fruit and bread	25 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	26 Macarrones carbonara Magro con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Macaroni in carbonara sauce Pork steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	27 Judías pintas estofadas Tortilla de patatas con ensalada de tomate Fruta y pan Stewed pinto beans Spanish potato omelette with tomato salad Fruit and bread	Kcal: 708 HC: 83 Prot: 30 Lip: 26
30 Coditos con tomate Lomo a la plancha con ensalada de lechuga, maíz y aceitunas negras Yogur y pan Pasta with tomato sauce 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			PESCADO Y MARISCO	Kcal: 749 HC: 75 Prot: 33 Lip: 38