



lunes	martes	miércoles	jueves	viernes	I. Nutricional
			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 Lentejas a la jardinera Huevos revueltos con jamón con ensalada de tomate Yogur de soja y pan Vegetables lentils Scrambled eggs with ham with tomato salad Soybean 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: 696 HC: 91 Prot: 33 Lip: 29
12 Crema de puerros Albóndigas a la jardinera con zanahorias salteadas Fruta y pan Cream of leek soup Meatballs with vegetables with sautéed carrots Fruit and bread	13 Alubias blancas estofadas Limanda a la romana con ensalada Fruta y pan Stewed white beans Battered & fried yellowfin sole with salad Fruit and bread	14 Arroz con pollo Tortilla francesa con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Rice with chicken Plain omelette with garden salad (lettuce, tomatoes & carrots) Fruit and bread	15 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	16 Coditos napolitana Filete de merluza con ensalada Yogur de soja y pan Neapolitan style Pasta Hake steak with salad Soybean yoghurt and bread	Kcal: 639 HC: 80 Prot: 30 Lip: 21
19 Patatas marinera Huevos a la flamenca Fruta y pan Seafaring potatoes Deviled egg Fruit and bread	20 Judías verdes rehogadas Lacón a la gallega con patatas cocidas Fruta y pan Sautéed green beans Lacón pork shoulder with potatoes with boiled potatoes Fruit and bread	21 Lentejas estofadas Palometa con salsa de tomate con champiñones salteados Fruta y pan Lentil stew Pomfret with tomato sauce with sautéed mushrooms Fruit and bread	22 COMIDA ESPECIAL NAVIDAD Sopa de fideos Hamburguesa completa con patatas chips Helado especial y refresco Noodle soup Complete hamburger with potato chips Special ice cream & soft drink	23 FESTIVO	Kcal: 732 HC: 87 Prot: 31 Lip: 31
26	27	28	29	30	Kcal: 0 HC: 0 Prot: 0 Lip: 0