



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 de soja y pan Rice with tomato sauce Scrambled eggs with mushrooms with spring salad (lettuce, tomatoes & sweetcorn) Soybean yoghurt and bread	10 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	11 Fideuá Lacón a la gallega con patatas cocidas Fruta y pan Fideua (noodle paella) 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 Ventresca a la andaluza con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Stewed white beans <i>Ventresca a la andaluza</i> with green salad (lettuce, green peppers & green olives) Fruit and bread	Kcal: 598 HC: 82 Prot: 33 Lip: 18
16 Marmitako de atún Cinta de lomo con lechuga y tomate Yogur de soja y pan Marmitako tuna Pork loin with lettuce & tomatoes Soybean 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 JORNADA RUSA Crema de tomate Ternera en salsa con arroz salteado Postre Especial y pan Cream of tomato soup Beef in sauce with sautéed rice Special desserts and bread	20 Espirales napolitana Limanda al horno con lechuga y olivas negras Fruta y pan Spirals in neapolitan sauce Baked yellowfin sole with lettuce & olives Fruit and bread	Kcal: 661 HC: 77 Prot: 33 Lip: 28
23 Judías verdes rehogadas Hamburguesa con ensalada tricolor (lechuga, zanahoria y maíz) Yogur de soja y pan Sauteed green beans Hamburger with tricolor salad (lettuce, carrots & sweetcorn) Soybean yoghurt and bread	24 Arroz a banda Bacalao al horno con pisto Fruta y pan Rice "a banda" Baked cod with ratatouille Fruit and bread	25 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	26 Macarrones con tomate Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Macaroni with tomato sauce Hake 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: 678 HC: 83 Prot: 34 Lip: 21
30 Coditos con tomate Merluza a la romana con ensalada de lechuga, maíz y aceitunas negras Yogur de soja y pan Pasta with tomato sauce Battered & fried hake with lettuce salad with sweetcorn & black olives Soybean 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				Kcal: 758 HC: 87 Prot: 32 Lip: 34