



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 (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	11 Fideuá Pavo a la plancha con patatas cocidas Fruta y pan Fideua (noodle paella) Grilled turkey 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 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: 592 HC: 78 Prot: 34 Lip: 18
16 Marmitako de atún Pechuga de pavo al horno con ensalada de lechuga, tomate y queso Yogur y pan Marmitako tuna Baked turkey breast 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 JORNADA RUSA Crema Borsch (remolacha, zanahoria y queso) Ternera stroganoff con arroz salteado Hojaldre de manzana y pan Borsch Cream (beets, carrots and cheese) Beef Stroganoff with sautéed rice Puff Pastry Apple Pie 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: 634 HC: 75 Prot: 35 Lip: 25
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 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: 671 HC: 80 Prot: 35 Lip: 22
30 Coditos con tomate Merluza a la romana con ensalada de lechuga, maíz y aceitunas negras Yogur y pan Pasta with tomato sauce Battered & fried hake 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				Kcal: 741 HC: 79 Prot: 33 Lip: 36