



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		<p>1</p> <p>Sopa de cocido (sin gluten) Cocido completo con patatas y zanahorias Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew with potatoes & carrots Fruit and bread (gluten free)</p>	<p>2</p> <p>Arroz con magro Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Pork with rice Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)</p>	<p>3</p> <p>Lentejas estofadas Fogonero al horno con pisto Yogur y pan (sin gluten) Lentil stew Baked pollack with ratatouille Yoghurt and bread (gluten free)</p>	<p>Kcal: 760 HC: 92 Prot: 35 Lip: 30</p>
<p>6</p> <p>Patatas marinera Huevos revueltos con champiñones con ensalada de lechuga, tomate y queso Natillas y pan (sin gluten) Seafaring potatoes Scrambled eggs with mushrooms with lettuce, tomato & cheese salad Custard and bread (gluten free)</p>	<p>7</p> <p>Alubias blancas estofadas Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Stewed white beans Hake steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>8</p> <p>Sopa juliana Estofado de pavo con patatas dado Fruta y pan (sin gluten) Julienne soup Turkey stew with diced potatoes Fruit and bread (gluten free)</p>	<p>9</p> <p>Crema de calabacín Albóndigas a la jardinera Fruta y pan (sin gluten) Cream of zucchini soup Meatballs with vegetables Fruit and bread (gluten free)</p>	<p>10</p> <p>Pasta (sin gluten) con queso Palometa con tomate con guisantes salteados Fruta y pan (sin gluten) Pasta (gluten free) with cheese Pomfret with tomato sauce with sautéed peas Fruit and bread (gluten free)</p>	<p>Kcal: 667 HC: 72 Prot: 28 Lip: 27</p>
<p>13</p> <p>Paella mixta Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan (sin gluten) Mixed paella Grilled hake with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread (gluten free)</p>	<p>14</p> <p>Sopa de estrellas (sin gluten) Magro en salsa con ensalada y patatas fritas Fruta y pan (sin gluten) Star pasta soup (gluten free) Lean pork in sauce with salad & french fries Fruit and bread (gluten free)</p>	<p>15</p> <p>Pasta carbonara (sin gluten) Tiras de pollo con verduras salteadas Fruta y pan (sin gluten) Pasta in carbonara sauce (gluten free) Chicken strips with sautéed vegetables Fruit and bread (gluten free)</p>	<p>16</p> <p>Crema de verduras Filete ruso casero con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan (sin gluten) Cream of vegetable soup Homemade hamburger steak (with spices) with green salad (lettuce, green peppers & green olives) Fruit and bread (gluten free)</p>	<p>17</p> <p style="text-align: center;">NO LECTIVO</p>	<p>Kcal: 760 HC: 87 Prot: 29 Lip: 36</p>
<p>20</p> <p>Lentejas a la jardinera Tortilla de patatas con lechuga y olivas negras Fruta y pan (sin gluten) Vegetables lentils Spanish potato omelette with lettuce & olives Fruit and bread (gluten free)</p>	<p>21</p> <p>Arroz napolitana Ventresca de merluza en salsa verde Yogur y pan (sin gluten) Neapolitan rice Hake in green sauce Yoghurt and bread (gluten free)</p>	<p>22</p> <p>Sopa de cocido (sin gluten) Cocido completo con patatas y zanahorias Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew with potatoes & carrots Fruit and bread (gluten free)</p>	<p>23</p> <p>Judías verdes con jamón Pollo asado con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Green beans with ham Roasted chicken with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>24</p> <p>Pasta (sin gluten) con tomate Caella en salsa con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan (sin gluten) Pasta (gluten free) with tomato sauce Blue shark in gravy with green salad (lettuce, green peppers & green olives) Fruit and bread (gluten free)</p>	<p>Kcal: 712 HC: 81 Prot: 30 Lip: 32</p>
<p>27</p> <p>Crema de zanahoria y calabaza Salchichas frescas con puré de patatas Fruta y pan (sin gluten) Cream of carrot & butterkin squash soup Sausages with mashed potatoes Fruit and bread (gluten free)</p>	<p>28</p> <p>Judías pintas estofadas Limanda a la plancha con mayonesa Fruta y pan (sin gluten) Stewed pinto beans Grilled yellowfin sole with mayonnaise Fruit and bread (gluten free)</p>				<p>Kcal: 770 HC: 71 Prot: 29 Lip: 39</p>