



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		1 Sopa de pasta (sin huevo) Lomo a la plancha con patatas y zanahorias Fruta y pan Pasta soup (without eggs) Grilled tenderloin with potatoes & carrots Fruit and bread	2 Arroz con magro Filete de pollo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Pork with rice Chicken steak with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	3 Puré de verduras Fogonero al horno con pisto Yogur y pan Vegetable purée Baked pollack with ratatouille Yoghurt and bread	Kcal: 640 HC: 72 Prot: 33 Lip: 26
6 Patatas marinera Cinta de lomo con lechuga y tomate Natillas de vainilla y pan Seafaring potatoes Pork loin with lettuce & tomatoes Vanilla custard and bread	7 Arroz con tomate Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Rice with tomato sauce Hake steak with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	8 Sopa juliana Estofado de pavo con patatas dado Fruta y pan Julienne soup Turkey stew with diced potatoes Fruit and bread	9 Crema de calabacín Albóndigas en salsa con verduras Fruta y pan Cream of zucchini soup Meatballs in gravy with vegetables Fruit and bread	10 Pasta (sin huevo) con tomate Palometa con tomate con ensalada Fruta y pan Pasta (without egg) with tomato Pomfret with tomato sauce with salad Fruit and bread	Kcal: 675 HC: 76 Prot: 28 Lip: 28
13 Paella mixta Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Mixed paella Grilled hake with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	14 Sopa de pasta (sin huevo) Magro en salsa con ensalada y patatas fritas Fruta y pan Pasta soup (without eggs) Lean pork in sauce with salad & french fries Fruit and bread	15 Pasta carbonara (sin huevo) Tiras de pollo con verduras salteadas Fruta y pan <i>Pasta carbonara (sin huevo)</i> Chicken strips with sautéed vegetables Fruit and bread	16 Crema de verduras Filete ruso casero con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Cream of vegetable soup Homemade hamburger steak (with spices) with green salad (lettuce, green peppers & green olives) Fruit and bread	17 NO LECTIVO	Kcal: 715 HC: 84 Prot: 30 Lip: 33
20 Patatas estofadas Pavo a la plancha con lechuga y olivas negras Fruta y pan Stewed potatoes Grilled turkey with lettuce & olives Fruit and bread	21 Arroz napolitana Ventresca de merluza al horno con verduras Yogur y pan Neapolitan rice Baked hake with vegetables Yoghurt and bread	22 Sopa de pasta (sin huevo) Cinta de lomo con patatas y zanahorias Fruta y pan Pasta soup (without eggs) Pork loin with potatoes & carrots Fruit and bread	23 Crema de calabacín Pollo asado con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Cream of zucchini soup Roasted chicken with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	24 Pasta (sin huevo) con tomate Caella en salsa con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Pasta (without egg) with tomato Blue shark in gravy with green salad (lettuce, green peppers & green olives) Fruit and bread	Kcal: 604 HC: 68 Prot: 31 Lip: 26
27 Crema de zanahoria y calabaza Filete de pollo con puré de patatas Fruta y pan Cream of carrot & butternut squash soup Chicken steak with mashed potatoes Fruit and bread	28 Patatas con verduras Limanda a la plancha con ensalada Fruta y pan Potatoes with vegetables Grilled yellowfin sole with salad Fruit and bread				Kcal: 605 HC: 68 Prot: 29 Lip: 25