



lunes	martes	miércoles	jueves	viernes	I. Nutricional
		1 Sopa de cocido Cocido completo (sin chorizo) con patatas y zanahorias Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) with potatoes & carrots Fruit and bread	2 Arroz con tomate Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Rice with tomato sauce Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	3 Lentejas estofadas Fogonero al horno con pisto Yogur y pan Lentil stew Baked pollack with ratatouille Yoghurt and bread	Kcal: 698 HC: 89 Prot: 33 Lip: 26
6 Patatas marinera Huevos revueltos con champiñones con ensalada de lechuga, tomate y queso Natillas y pan Seafaring potatoes Scrambled eggs with mushrooms with lettuce, tomato & cheese salad Custard and bread	7 Alubias blancas estofadas Filete de merluza con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Stewed white beans 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 a la jardinera Fruta y pan Cream of zucchini soup Meatballs with vegetables Fruit and bread	10 Espaguetis al queso Palometa con tomate con guisantes salteados Fruta y pan Spaguetti with cheese Pomfret with tomato sauce with sautéed peas Fruit and bread	Kcal: 630 HC: 73 Prot: 29 Lip: 24
13 Paella mixta Merluza a la romana con ensalada primavera (lechuga, tomate y maíz) Yogur y pan Mixed paella Battered & fried hake with spring salad (lettuce, tomatoes & sweetcorn) Yoghurt and bread	14 Sopa de estrellas Ternera en salsa con ensalada y patatas fritas Fruta y pan Star pasta soup Beef in sauce with salad & french fries Fruit and bread	15 Coditos con tomate Tiras de pollo con verduras salteadas Fruta y pan Pasta with tomato sauce Chicken strips with sautéed vegetables Fruit and bread	16 Crema de verduras Filete ruso con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Cream of vegetable soup Hamburger steak with green salad (lettuce, green peppers & green olives) Fruit and bread	NO LECTIVO	Kcal: 715 HC: 90 Prot: 32 Lip: 28
20 Lentejas a la jardinera Tortilla de patatas con lechuga y olivas negras Fruta y pan Vegetables lentils Spanish potato omelette with lettuce & olives Fruit and bread	21 Arroz napolitana Ventresca de merluza en salsa verde Yogur y pan Neapolitan rice Hake in green sauce Yoghurt and bread	22 Sopa de cocido con pasta Cocido completo (sin chorizo) con patatas y zanahorias Fruta y pan "Cocido" soup with pasta Full course "cocido" stew (without chorizo sausage) with potatoes & carrots Fruit and bread	23 Judías verdes salteadas Pollo asado con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Sautéed green beans Roasted chicken with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	24 Macarrones con tomate Caella empanada con ensalada verde (lechuga, pimiento verde y aceituna verde) Fruta y pan Macaroni with tomato sauce Breaded blue shark with green salad (lettuce, green peppers & green olives) Fruit and bread	Kcal: 671 HC: 81 Prot: 34 Lip: 24
27 Crema de zanahoria y calabaza Filete de pollo con puré de patatas Fruta y pan Cream of carrot & butterkin squash soup Chicken steak with mashed potatoes Fruit and bread	28 Judías pintas estofadas Limanda a la romana con mayonesa Fruta y pan Stewed pinto beans Battered & fried yellowfin sole with mayonnaise Fruit and bread				Kcal: 746 HC: 72 Prot: 35 Lip: 34