



lunes	martes	miércoles	jueves	viernes	I. Nutricional
					Kcal: 0 HC: 0 Prot: 0 Lip: 0
<p><b>3</b></p> <p>Lentejas con arroz Abadejo al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Lentils with rice Baked haddock with spring salad (lettuce, tomatoes &amp; sweetcorn) Fruit and bread (gluten free)</p>	<p><b>4</b></p> <p>Sopa de verduras con fideos (sin gluten ni huevo) Pollo asado con patatas fritas Fruta y pan (sin gluten) Vegetable soup with noodles (gluten free, without egg) Roasted chicken with french fries Fruit and bread (gluten free)</p>	<p><b>5</b></p> <p>Espirales (sin gluten, sin huevo) al ajillo Tortilla de queso con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Spiral pasta with garlic Cheese omelette with tricolor salad (lettuce, carrots &amp; sweetcorn) Fruit and bread (gluten free)</p>	<p><b>6</b></p> <p>Crema parmentier Hamburguesa con ensalada y patatas fritas Natillas y pan (sin gluten) Parmentier Soup Hamburger with salad &amp; french fries Custard and bread (gluten free)</p>	<p><b>7</b></p> <p><b>FESTIVO</b></p>	Kcal: 695 HC: 78 Prot: 27 Lip: 29
<p><b>10</b></p> <p><b>SEMANA SANTA</b></p>	<p><b>11</b></p> <p><b>SEMANA SANTA</b></p>	<p><b>12</b></p> <p><b>SEMANA SANTA</b></p>	<p><b>13</b></p> <p><b>SEMANA SANTA</b></p>	<p><b>14</b></p> <p><b>SEMANA SANTA</b></p>	Kcal: 0 HC: 0 Prot: 0 Lip: 0
<p><b>17</b></p> <p><b>FESTIVO</b></p>	<p><b>18</b></p> <p>Arroz milanese Tortilla francesa con lechuga y tomate Yogur y pan (sin gluten) Milanese rice Plain omelette with lettuce &amp; tomatoes Yoghurt and bread (gluten free)</p>	<p><b>19</b></p> <p>Judías pintas estofadas Pechuga de pollo con lechuga y zanahoria Fruta y pan (sin gluten) Stewed pinto beans Chicken breast with lettuce &amp; carrot Fruit and bread (gluten free)</p>	<p><b>20</b></p> <p>Pasta (sin gluten) gratinada Ragout a la jardinera con verduras Fruta y pan (sin gluten) Pasta au gratin (gluten free) Vegetable ragout meat sauce with vegetables Fruit and bread (gluten free)</p>	<p><b>21</b></p> <p>Lentejas estofadas Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Lentil stew Grilled hake with spring salad (lettuce, tomatoes &amp; sweetcorn) Fruit and bread (gluten free)</p>	Kcal: 744 HC: 81 Prot: 34 Lip: 32
<p><b>24</b></p> <p>Arroz napolitana Lacón al horno con ensalada de lechuga, tomate y queso Fruta y pan (sin gluten) Neapolitan rice Baked lacón pork with lettuce, tomato &amp; cheese salad Fruit and bread (gluten free)</p>	<p><b>25</b></p> <p>Sopa de cocido (sin gluten) Cocido completo Fruta y pan (sin gluten) "Cocido" Soup (gluten free) Full course "cocido" stew Fruit and bread (gluten free)</p>	<p><b>26</b></p> <p>Crema de zanahoria Jamoncitos de pollo con patatas dado Fruta y pan (sin gluten) Cream of carrot soup Chicken drumsticks with diced potatoes Fruit and bread (gluten free)</p>	<p><b>27</b></p> <p>Patatas estofadas Huevos revueltos con picadillo con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan (sin gluten) Stewed potatoes Mixed meat with egg with garden salad (lettuce, tomatoes &amp; carrots) Yoghurt and bread (gluten free)</p>	<p><b>28</b></p> <p>Alubias blancas estofadas Bacalao al horno con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan (sin gluten) Stewed white beans Baked cod with green salad (lettuce, green peppers &amp; green olives) Yoghurt and bread (gluten free)</p>	Kcal: 680 HC: 73 Prot: 32 Lip: 30