



lunes	martes	miércoles	jueves	viernes	I. Nutricional
HUEVO Y FS					Kcal: 0 HC: 0 Prot: 0 Lip: 0
3 Lentejas con arroz Abadejo al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentils with rice Baked haddock with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	4 Sopa de verduras con fideos (sin gluten ni huevo) Pollo asado con patatas fritas Fruta y pan Vegetable soup with noodles (gluten free, without egg) Roasted chicken with french fries Fruit and bread	5 Espirales (sin gluten, sin huevo) al ajillo Pavo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Spiral pasta with garlic Grilled turkey with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Crema de verduras Hamburguesa con ensalada y patatas fritas Natillas y pan Cream of vegetable soup Hamburger with salad & french fries Custard and bread	7 FESTIVO	Kcal: 635 HC: 75 Prot: 30 Lip: 23
10 SEMANA SANTA	11 SEMANA SANTA	12 SEMANA SANTA	13 SEMANA SANTA	14 SEMANA SANTA	Kcal: 0 HC: 0 Prot: 0 Lip: 0
17 FESTIVO	18 Arroz milanesa Cinta de lomo con lechuga y tomate Yogur y pan Milanese rice Pork loin with lettuce & tomatoes Yoghurt and bread	19 Judías pintas estofadas Pechuga de pollo con lechuga y zanahoria Fruta y pan Stewed pinto beans Chicken breast with lettuce & carrot Fruit and bread	20 Pasta (sin huevo) con tomate Ragout a la jardinera con verduras Fruta y pan Pasta (without egg) with tomato Vegetable ragout meat sauce with vegetables Fruit and bread	21 Lentejas estofadas Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentil stew Grilled hake with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 741 HC: 77 Prot: 38 Lip: 33
24 Arroz napolitana Lacón al horno con lechuga y tomate Fruta y pan Neapolitan rice Baked lacón pork with lettuce & tomatoes Fruit and bread	25 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	26 Crema de zanahoria Jamoncitos de pollo con patatas dado Fruta y pan Cream of carrot soup Chicken drumsticks with diced potatoes Fruit and bread	27 Patatas estofadas Magro con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Stewed potatoes Pork steak with garden salad (lettuce, tomatoes & carrots) Yoghurt and bread	28 Alubias blancas estofadas Bacalao al horno con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan Stewed white beans Baked cod with green salad (lettuce, green peppers & green olives) Yoghurt and bread	Kcal: 651 HC: 72 Prot: 34 Lip: 26