



| lunes | martes | miércoles | jueves | viernes | I. Nutricional |
|--|---|--|--|---|--|
| HUEVO Y LEGUMBRES | | | | | Kcal: 0 HC: 0 Prot: 0 Lip: 0 |
| 3 Arroz con tomate Abadejo al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Rice with tomato sauce 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 casera con ensalada y patatas fritas Natillas y pan Cream of vegetable soup Homemade hamburger with salad & french fries Custard and bread | 7 FESTIVO | Kcal: 655 HC: 79 Prot: 30 Lip: 27 |
| 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 con salchichas Cinta de lomo con lechuga y tomate Yogur y pan Frank with rice Pork loin with lettuce & tomatoes Yoghurt and bread | 19 Puré de verduras Pechuga de pollo con lechuga y zanahoria Fruta y pan Vegetable purée 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 Patatas con verduras Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Potatoes with vegetables Grilled hake with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread | Kcal: 699 HC: 73 Prot: 33 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 pasta (sin huevo) Pavo a la plancha con ensalada Fruta y pan Pasta soup (without eggs) Grilled turkey with salad 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 Puré de verduras Bacalao al horno con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan Vegetable purée Baked cod with green salad (lettuce, green peppers & green olives) Yoghurt and bread | Kcal: 612 HC: 65 Prot: 32 Lip: 26 |