



lunes	martes	miércoles	jueves	viernes	I. Nutricional
					Kcal: 0 HC: 0 Prot: 0 Lip: 0
3 Lentejas con arroz Abadejo empanado con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentils with rice Breaded haddock with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	4 Sopa campesina Pollo asado con patatas fritas Fruta y pan Peasant soup Roasted chicken with french fries Fruit and bread	5 Espaguetis al ajillo Tortilla de queso con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Spaghetti with garlic Cheese omelette with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	6 Crema parmentier Hamburguesa con ensalada y patatas fritas Natillas y pan Parmentier Soup Hamburger with salad & french fries Custard and bread	7 FESTIVO	Kcal: 699 HC: 81 Prot: 31 Lip: 28
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 tomate Tortilla francesa con lechuga y tomate Yogur y pan Rice with tomato sauce Plain omelette 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 Coditos gratinados Ragout a la jardinera con verduras Fruta y pan Grilled pasta Vegetable ragout meat sauce with vegetables Fruit and bread	21 Lentejas estofadas Merluza a la romana con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Lentil stew Battered & fried hake with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 738 HC: 84 Prot: 35 Lip: 30
24 Arroz napolitana Pavo a la plancha con ensalada de lechuga, tomate y queso Fruta y pan Neapolitan rice Grilled turkey with lettuce, tomato & cheese salad Fruit and bread	25 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) 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 marinera Huevos revueltos con ensalada hortelana (lechuga, tomate y zanahoria) Yogur y pan Seafaring potatoes Scrambled eggs 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: 610 HC: 74 Prot: 35 Lip: 21