



lunes	martes	miércoles	jueves	viernes	I. Nutricional
<p>1</p>	<p>2</p>	<p>3</p> <p>Macarrones (sin gluten) boloñesa Cinta de lomo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Macaroni (gluten free) in bolognese sauce Pork loin with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)</p>	<p>4</p> <p>Judías verdes rehogadas Pollo asado al romero con patatas fritas Yogur y pan (sin gluten) Sautéed green beans Roasted chicken with rosemary with french fries Yoghurt and bread (gluten free)</p>	<p>5</p> <p>Lentejas con chorizo Huevos gratinados con tomate Fruta y pan (sin gluten) Lentils with chorizo sausage Eggs au gratin with tomato Fruit and bread (gluten free)</p>	<p>Kcal: 892 HC: 80 Prot: 40 Lip: 41</p>
<p>8</p> <p>Coliflor rehogada Hamburguesa y ketchup con patatas fritas Helado y pan (sin gluten) Sautéed cauliflower Hamburger & ketchup with french fries Ice cream and bread (gluten free)</p>	<p>9</p> <p>Arroz tres delicias Bacalao al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Chinese fried rice Baked cod with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)</p>	<p>10</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>11</p> <p>Patatas con magro Ventresca de merluza a la plancha con lechuga, zanahoria y maíz Fruta y pan (sin gluten) Pork & potato stew Grilled hake with lettuce, carrot & sweetcorn Fruit and bread (gluten free)</p>	<p>12</p> <p>Pasta (sin gluten ni huevo) napolitana Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan (sin gluten) Pasta (gluten & egg free) in neapolitan sauce Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread (gluten free)</p>	<p>Kcal: 702 HC: 80 Prot: 30 Lip: 28</p>
<p>15</p> <p>FESTIVO</p>	<p>16</p> <p>Crema de zanahoria Tortilla de patatas con ensalada Fruta y pan (sin gluten) Cream of carrot soup Spanish potato omelette with salad Fruit and bread (gluten free)</p>	<p>17</p> <p>Arroz con tomate Merluza al horno con guisantes Fruta y pan (sin gluten) Rice with tomato sauce Baked hake with peas Fruit and bread (gluten free)</p>	<p>18</p> <p>Alubias blancas estofadas Palometa con salsa de tomate con ensalada de lechuga, maíz y aceitunas negras Fruta y pan (sin gluten) Stewed white beans Pomfret with tomato sauce with lettuce salad with sweetcorn & black olives Fruit and bread (gluten free)</p>	<p>19</p> <p>JORNADA JAPONESA Pasta (sin gluten) con verduras Filete de ternera con arroz salteado Helado de limón y pan (sin gluten) Pasta (gluten free) with vegetables Beef steak with sautéed rice Lemon ice cream and bread (gluten free)</p>	<p>Kcal: 709 HC: 88 Prot: 30 Lip: 26</p>
<p>22</p> <p>Crema de verduras Lomo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan (sin gluten) Cream of vegetable soup Tenderloin with garlic with green salad (lettuce, green peppers & green olives) Yoghurt and bread (gluten free)</p>	<p>23</p> <p>Lentejas estofadas Abadejo al horno con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan (sin gluten) Lentil stew Baked haddock with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread (gluten free)</p>	<p>24</p> <p>Pasta (sin gluten) boloñesa Ragout de ternera a la jardinera con patatas dado Fruta y pan (sin gluten) Bolognese pasta (gluten free) Beef ragout sauce with veggies with diced potatoes Fruit and bread (gluten free)</p>	<p>25</p> <p>Judías pintas estofadas Huevos revueltos con jamón con verduras salteadas Fruta y pan (sin gluten) Stewed pinto beans Scrambled eggs with ham with sautéed vegetables Fruit and bread (gluten free)</p>	<p>26</p> <p>Arroz milanesa Ventresca de merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Helado y pan (sin gluten) Milanese rice Grilled hake with spring salad (lettuce, tomatoes & sweetcorn) Ice cream and bread (gluten free)</p>	<p>Kcal: 735 HC: 80 Prot: 34 Lip: 32</p>
<p>29</p> <p>Pasta (sin gluten) con verduras Merluza al horno con ensalada de lechuga, tomate y queso Yogur y pan (sin gluten) Pasta (gluten free) with vegetables Baked hake with lettuce, tomato & cheese salad Yoghurt and bread (gluten free)</p>	<p>30</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>31</p> <p>Crema de calabacín Pollo asado con patatas fritas Fruta y pan (sin gluten) Cream of zucchini soup Roasted chicken with french fries Fruit and bread (gluten free)</p>			<p>Kcal: 671 HC: 74 Prot: 32 Lip: 27</p>