



lunes		martes		miércoles		jueves		viernes		I. Nutricional	
1		2		3	Macarrones a la genovesa Cinta de lomo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Macaroni in genovese sauce Pork loin with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	4	Judías verdes rehogadas Pollo asado al romero con patatas fritas Yogur y pan Sautéed green beans Roasted chicken with rosemary with french fries Yoghurt and bread	5	Lentejas con chorizo Huevos gratinados con bechamel Fruta y pan Lentils with chorizo sausage Eggs au gratin with white sauce Fruit and bread	Kcal:	759
8	Coliflor rehogada Hamburguesa y ketchup con patatas fritas Helado y pan Sautéed cauliflower Hamburger & ketchup with french fries Ice cream and bread	9	Arroz tres delicias Bacalao al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Chinese fried rice Baked cod with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	10	Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	11	Patatas con magro Ventresca de merluza a la romana con lechuga, zanahoria y maíz Fruta y pan Pork & potato stew Battered and fried hake with lettuce, carrot & sweetcorn Fruit and bread	12	Espaguetis napolitana Tortilla de queso con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Spaghetti neapolitan Cheese omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal:	705
15	FESTIVO	16	Crema de zanahoria Tortilla de patatas con ensalada César Fruta y pan Cream of carrot soup Spanish potato omelette with Caesar salad Fruit and bread	17	Arroz con tomate Merluza en salsa verde con guisantes Fruta y pan Rice with tomato sauce Hake in green sauce with peas Fruit and bread	18	Alubias blancas estofadas Palometa con salsa de tomate con ensalada de lechuga, maíz y aceitunas negras Fruta y pan Stewed white beans Pomfret with tomato sauce with lettuce salad with sweetcorn & black olives Fruit and bread	19	JORNADA JAPONESA Tallarines salteados con verduras Filete de ternera con arroz salteado Helado de limón y pan Tagliatelle sautéed with vegetables Beef steak with sautéed rice Lemon ice cream and bread	Kcal:	713
22	Crema de verduras Lomo al ajillo con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan Cream of vegetable soup Tenderloin with garlic with green salad (lettuce, green peppers & green olives) Yoghurt and bread	23	Lentejas estofadas Abadejo al horno con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Lentil stew Baked haddock with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	24	Coditos carbonara Ragout de ternera a la jardinera con patatas dado Fruta y pan Pasta in carbonara sauce Beef ragout sauce with veggies with diced potatoes Fruit and bread	25	Judías pintas estofadas Huevos revueltos con jamón con verduras salteadas Fruta y pan Stewed pinto beans Scrambled eggs with ham with sautéed vegetables Fruit and bread	26	Arroz milanese Ventresca de merluza a la romana con ensalada primavera (lechuga, tomate y maíz) Helado y pan Milanese rice Battered and fried hake with spring salad (lettuce, tomatoes & sweetcorn) Ice cream and bread	Kcal:	742
29	Macarrones con verduras Merluza andaluza con ensalada de lechuga, tomate y queso Yogur y pan Macaroni with vegetables Andalusian style hake with lettuce, tomato & cheese salad Yoghurt and bread	30	Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	31	Crema de calabacín Pollo asado con patatas fritas Fruta y pan Cream of zucchini soup Roasted chicken with french fries Fruit and bread				Kcal:	661	
									HC:	76	
									Prot:	33	
									Lip:	28	