



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3 Macarrones (sin huevo) boloñesa Cinta de lomo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Macaroni in bolognese sauce (without egg) 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 Pavo a la plancha con ensalada Fruta y pan Lentils with chorizo sausage Grilled turkey with salad Fruit and bread	Kcal: 749 HC: 62 Prot: 35 Lip: 36
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 con tomate Pavo a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Rice with tomato sauce Grilled turkey with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	10 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) Full course "cocido" stew Fruit and bread	11 Patatas con magro Filete de ternera con lechuga, zanahoria y maíz Fruta y pan Pork & potato stew Beef steak with lettuce, carrot & sweetcorn Fruit and bread	12 Pasta (sin gluten ni huevo) napolitana Filete de pollo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Pasta (gluten & egg free) in neapolitan sauce Chicken steak with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 640 HC: 75 Prot: 30 Lip: 24
15 FESTIVO	16 Crema de zanahoria Filete de pollo con ensalada Fruta y pan Cream of carrot soup Chicken steak with salad Fruit and bread	17 Arroz con tomate Cinta de lomo con guisantes Fruta y pan Rice with tomato sauce Pork loin with peas Fruit and bread	18 Alubias blancas estofadas Pavo a la plancha con ensalada de lechuga, maíz y aceitunas negras Fruta y pan Stewed white beans Grilled turkey with lettuce salad with sweetcorn & black olives Fruit and bread	19 JORNADA JAPONESA Pasta (sin huevo) con verduras Filete de ternera con arroz salteado Helado de limón y pan Pasta (without egg) with vegetables Beef steak with sautéed rice Lemon ice cream and bread	Kcal: 655 HC: 80 Prot: 31 Lip: 24
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 Pavo a la plancha con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Lentil stew Grilled turkey with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	24 Pasta (sin gluten ni huevo) con tomate Ragout de ternera a la jardinera con patatas dado Fruta y pan Pasta (gluten & egg free) with tomato sauce Beef ragout sauce with veggies with diced potatoes Fruit and bread	25 Judías pintas estofadas Salchichas con verduras salteadas Fruta y pan Stewed pinto beans Hotdogs with sautéed vegetables Fruit and bread	26 Arroz milanés Filete de pollo con ensalada primavera (lechuga, tomate y maíz) Helado y pan Milanese rice Chicken steak with spring salad (lettuce, tomatoes & sweetcorn) Ice cream and bread	Kcal: 692 HC: 77 Prot: 34 Lip: 28
29 Pasta (sin huevo) con verduras Cinta de lomo con ensalada Yogur y pan Pasta (without egg) with vegetables Pork loin with salad Yoghurt and bread	30 Sopa de cocido (sin huevo) Cocido completo Fruta y pan "Cocido" soup (without eggs) 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		SIN MARISCO, PESCADO Y SIN HUEVO	Kcal: 674 HC: 71 Prot: 32 Lip: 31