



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3 Macarrones a la genovesa Merluza a la plancha con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Macaroni in genovese sauce Grilled hake 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 verduras Huevos gratinados con bechamel Fruta y pan Vegetable lentils Eggs au gratin with white sauce Fruit and bread	Kcal: 670 HC: 66 Prot: 31 Lip: 28
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 Bacalao al horno con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Rice with tomato sauce Baked cod with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	10 Sopa de cocido Cocido completo (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) Fruit and bread	11 Patatas con verduras Ventresca de merluza a la romana con lechuga, zanahoria y maíz Fruta y pan Potatoes with vegetables 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: 668 HC: 82 Prot: 30 Lip: 25
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 HC: 93 Prot: 34 Lip: 24
22 Crema de verduras Filete de pollo con ensalada verde (lechuga, pimiento verde y aceituna verde) Yogur y pan Cream of vegetable soup Chicken steak 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 con tomate Ragout de ternera a la jardinera con patatas dado Fruta y pan Pasta with tomato sauce Beef ragout sauce with veggies with diced potatoes Fruit and bread	25 Judías pintas estofadas Huevos revueltos con verduras salteadas Fruta y pan Stewed pinto beans Scrambled eggs 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: 710 HC: 83 Prot: 37 Lip: 29
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 (sin chorizo) Fruta y pan "Cocido" soup Full course "cocido" stew (without chorizo sausage) 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: 636 HC: 76 Prot: 31 Lip: 25