



lunes	martes	miércoles	jueves	viernes	I. Nutricional
1	2	3	4	5	Kcal: 0 HC: 0 Prot: 0 Lip: 0
8 Arroz napolitana San Jacobo con ensalada de lechuga, tomate y maíz Fruta y pan Neapolitan rice Cooked ham & cheese escalope with lettuce salad with tomato & sweetcorn Fruit and bread	9 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	10 Crema de calabaza Jamoncitos de pollo al ajillo con patatas dado Fruta y pan Cream of butternut squash Chicken drumsticks in garlic sauce with diced potatoes Fruit and bread	11 Lentejas con verduras Huevos Moll con ensalada Yogur y pan Vegetable lentils Breaded hard-boiled eggs in white sauce with salad Yoghurt and bread	12 Fideuá Caella rebozada con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Fideua (fine paella) Battered & fried blue shark with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	Kcal: 690 HC: 90 Prot: 32 Lip: 26
15 Patatas Marineras (pescado, cebolla, tomate, zanahoria) Pollo asado al limón con menestra Yogur y pan Potatoes Marine (fish, onion, tomato, carrot) Roasted lemon chicken with menestra Yoghurt and bread	16 Sopa de picadillo Tortilla de calabacín con ensalada de lechuga, tomate y queso Fruta y pan Broth with ham & egg bits Zucchini omelette with lettuce, tomato & cheese salad Fruit and bread	17 Alubias blancas estofadas Rabas de calamar con ensalada tricolor (lechuga, zanahoria y maíz) Fruta y pan Stewed white beans Squid strips with tricolor salad (lettuce, carrots & sweetcorn) Fruit and bread	18 <b>JORNADA CUBANA</b> Arroz congrí Picadillo a la criolla con plátano frito Pudin y pan Black beans and rice Creole style & fried plantain Pudding and bread	19 Canelones de carne Lenguadina a la romana con lechuga y maíz Fruta y pan Meat cannelloni Battered & fried yellowfin sole with lettuce & sweetcorn Fruit and bread	Kcal: 721 HC: 83 Prot: 36 Lip: 30
22 Macarrones carbonara Ventresca de merluza en salsa verde con ensalada de lechuga, maíz y aceitunas negras Gelatina de fresa y pan Macaroni in carbonara sauce Hake in green sauce with lettuce salad with sweetcorn & black olives Strawberry gelatin and bread	23 Lentejas a la riojana Tortilla de patatas con tomates con orégano Fruta y pan Rioja style lentils Spanish potato omelette with tomatoes with oregano Fruit and bread	24 Judías verdes rehogadas con patatas Hamburguesa a la plancha con patatas fritas Fruta y pan Sauteed green beans with potatoes Grilled hamburger with french fries Fruit and bread	25 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	26 Paella Abadejo al horno con pisto Fruta y pan Paella Baked haddock with ratatouille Fruit and bread	Kcal: 722 HC: 91 Prot: 29 Lip: 24
29 Coditos napolitana Merluza a la romana con ensalada de lechuga, maíz y aceitunas negras Yogur y pan Neapolitan style Pasta Battered & fried hake with lettuce salad with sweetcorn & black olives Yoghurt and bread	30 Crema de puerros Pollo al horno con patatas fritas Fruta y pan Cream of leek Baked chicken with french fries Fruit and bread	31 Cous cous con verduritas Cinta de lomo con lechuga y zanahoria Fruta en almíbar y pan Cous Cous with vegetables Pork loin with lettuce & carrot Fruit in syrup and bread			Kcal: 746 HC: 80 Prot: 35 Lip: 32