



lunes	martes	miércoles	jueves	viernes	I. Nutricional
	1 FESTIVO	2 FESTIVO	3 Lentejas a la jardinera Fritura variada con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Vegetables lentils Assorted fried fish platter with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	4 Macarrones a la genovesa Tortilla de jamón york con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Macaroni in genovese sauce Cooked ham omelette with salad (lettuce, tomatoes & carrots) Fruit and bread	Kcal: 666 HC: 84 Prot: 33 Lip: 24
7 Puré de zanahoria Magro con arroz salteado Helado y pan Carrot purée Pork steak with sautéed rice Ice cream and bread	8 Espaguetis boloñesa Huevos Moll con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan Bolognese spaghetti Breaded hard-boiled eggs in white sauce with salad (lettuce, tomatoes & carrots) Fruit and bread	9 Crema de calabacín Ventresca de merluza al horno con lechuga, zanahoria y maíz Fruta y pan Cream of zucchini Baked hake with lettuce, carrot & sweetcorn Fruit and bread	10 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	11 Arroz tres delicias Nuggets de pollo con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Chinese fried rice Chicken nuggets with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	Kcal: 685 HC: 93 Prot: 30 Lip: 24
14 Sopa de ave con arroz Albóndigas con tomate con patatas dado Yogur y pan Chicken soup with rice Meatballs with tomato sauce with diced potatoes Yoghurt and bread	15 FESTIVO	16 Lentejas a la riojana Ragout de pavo con zanahorias salteadas Helado y pan Rioja style lentils Turkey stew with sautéed carrots Ice cream and bread	17 JORNADA BRASILEÑA Crema de maíz Lomo de cerdo con bananas Quindim y pan Creamed corn Pork loin with bananas Quindim and bread	18 Cous cous con verduritas Pollo guisado con patatas Fruta y pan Cous Cous with vegetables Cooked chicken with potatoes Fruit and bread	Kcal: 829 HC: 93 Prot: 34 Lip: 34
21 Judías verdes con tomate Jamoncitos en pepitoria con patatas fritas Yogur y pan Green beans with tomatoes Chicken drumsticks in pepitoria sauce with french fries Yoghurt and bread	22 Arroz con salchichas y tomate Filete de limanda rebozado con ensalada hortelana (lechuga, tomate y zanahoria) Fruta y pan White rice with hotdogs & tomato sauce Batter-fried yellowfin sole steak with salad (lettuce, tomatoes & carrots) Fruit and bread	23 Crema de legumbres Tortilla de patatas con ensalada primavera (lechuga, tomate y maíz) Fruta y pan Cream of legumes Spanish potato omelette with spring salad (lettuce, tomatoes & sweetcorn) Fruit and bread	24 Coditos gratinados Salteado moruno con patatas fritas Fruta y pan Grilled pasta Shish-kabab with french fries Fruit and bread	25 Sopa de ave con estrellitas Formas de pescado con verduras salteadas Profiteroles de nata y pan Chicken soup with star pasta Fish delights with sautéed vegetables Cream puffs and bread	Kcal: 788 HC: 85 Prot: 33 Lip: 38
28 Macarrones con salsa cuatro quesos Palometa con salsa de tomate con champiñones salteados Fruta y pan Macaroni with four cheese sauce Pomfret with tomato sauce with sautéed mushrooms Fruit and bread	29 Sopa de cocido Cocido completo Fruta y pan "Cocido" soup Full course "cocido" stew Fruit and bread	30 Crema de puerros Salchichas de pollo con espirales salteadas Helado y pan Cream of leek Chicken hotdogs with sautéed spiral pasta Ice cream and bread	31 Arroz a banda Cazón adobado con lechuga y tomate Fruta y pan Rice "a banda" Pickled dogfish with lettuce & tomatoes Fruit and bread		Kcal: 730 HC: 90 Prot: 39 Lip: 26