

LUNES



Martes



Miércoles



JUEVES



Viernes



1  
FESTIVO

2 950 Kcal 45.08 Gr 28.58Prot92.61 HC 3

4 560 Kcal 19.20Gr 27.65 Prot65.99 HC

603 Kcal 37.26 Gr 38.04Prot 27.49HC

7 742 Kcal 59.54 Gr 24.51 Prot57.32 HC

Arroz con tomate y huevo Rice with tomato sauce and egg 3  
Caballa en aceite con ensalada variada Mackerel in oil with mixed salad 4

Fruta natural Fruit  
Pan Bread 1

14 442 Kcal 13.73 Gr 16.55 Prot60.18 HC

Crema de calabacín, puerro, apio y picatostes Vegetables cream with croutons 1  
Lomo adobado con patata al vapor Pork loin with steam potatoes

Fruta natural Fruit  
Pan Bread 1

21 451 Kcal 21.39 Gr 13.84 Prot50.10 HC

Lentejas estofadas c/verduras Lentil stew with vegetables

Salchichas frescas con ensalada Sausage with salad

Fruta natural Fruit  
Pan Bread 1

28 653 Kcal 23.49 Gr 25.46 Prot77.54 HC

**MENÚ LUCÍA VICENTE 6ª**

Crema de calabacín y guisantes con picatostes Cream of vegetables with croutons 1  
Hamburguesa c/lechuga,tomate y cebolla Burger with salad  
Fruta natural Fruit  
Pan Bread 1

8 749 Kcal 30.24 Gr 33.41 Prot82.87 HC

Sopa de cocido con fideos Soup with pasta 1-3T  
Garbanzos,chorizo,ternera,patata y zanahoria chickpeas, chorizo, beef, potato and carrot

Fruta natural Fruit  
Pan integral y blanco Bread 1

15 492 Kcal 19.02 Gr 27.50 Prot51.87 HC

Estofado de lentejas c/zanahoria y patata Lentil stew with vegetables  
Merluza c/lechuga,tomate,pepino y zanahoria Hake with salad

Fruta natural Fruit  
Pan integral y blanco Bread 1

22 715 Kcal 46.77 Gr 19.33 Prot33.08 HC

Arroz tres delicias Rice three delights 3-8

Caballa en aceite con ensalada Mackerel in oil with mixed salad 4

Fruta natural Fruit  
Pan integral y blanco Bread 1

29 603 Kcal 22.45 Gr 16.54 Prot71.32 HC

Coditos con atún Pasta with tomato & tuna 1-4

Revuelto de huevo con bacón Scrambled egg with bacon 3

Fruta natural Fruit  
Pan integral y blanco Bread 1

9 321 Kcal 15.64 Gr 9.09Prot35.20 HC

Judías verdes rehog.c/zanahoria y bacón green beans with carrot&ham  
Pollo al ajillo con patatas frías Garlic chicken with potatoes

Fruta natural Fruit  
Pan Bread 1

16 773 Kcal 34.54 Gr 28.18Prot84.16 HC

Ensalada de pasta con york Pasta salad with ham 1-3T-8-13  
Albóndigas con patatas al horno Meatballs with potatoes 8

Fruta natural Fruit  
Pan Bread 1

23 400 Kcal 11.32 Gr 9.67Prot59.12 HC

Crema de calabacín y puerro con picatostes Cream of vegetables with croutons 1  
Pollo al horno Baked chicken

Fruta natural Fruit  
Pan Bread 1

30 607 Kcal 25.74 Gr 20.41Prot73.88 HC

Fideua de pollo y verduras Fideuá with chicken and vegetables 1-3T

Chuleta de sajonia con ensalada variada Baked saxony with mixed salad

Fruta natural Fruit  
Pan Bread 1

10 662 Kcal 29.27Gr 21.99 Prot72.75 HC

Judías estofadas Beans stewed

Bacalao con tomate y ensalada Cod fillet with tomato and salad 1-4

Fruta natural Fruit  
Pan Bread 1

17 541 Kcal 23.36Gr 20.76 Prot62.40 HC

Fabada Asturiana c/chorizo,morcilla y laçón Bean w/ chorizo, black pudding&pork  
Tortilla de patata y calabacín Zucchini omelette 3

Fruta natural Fruit  
Pan Bread 1

24 749 Kcal 30.24Gr 33.41 Prot82.87 HC

Sopa de cocido con fideos ecológicos Soup with organic pasta 1-3T

Garbanzos,chorizo,ternera,patata y zanahoria chickpeas, chorizo, beef, potato and carrot

Fruta natural Fruit  
Pan Bread 1

11 804 Kcal 37.04 Gr 32.55Prot 69.22HC

Hervido Alicantino c/huevo y jamón Stew vegetables w.egg and ham 3-8-13  
Albondigas de ternera c/lechuga,tomate y atún Meatballs&lettuce,tomato and tuna 4  
Yogur Yoghurt 2

Fruta natural Fruit  
Pan Bread 1

18 628 Kcal 19.53 Gr 12.44Prot 90.56HC

Macarrones a la boloñesa Bolognese pasta 1-3T  
Merluza con berenjenas en salsa Fish fillet in sauce with aubergines 4  
Yogur Yoghurt 2  
Pan Bread 1

25 679 Kcal 41.77 Gr 29.58Prot 41.72HC

Arroz caldoso Soup rice  
Albóndigas de bacalao y mini empanadillas Fish meatballs and dumplings 1-2-3-4-5T-6-8T-9T-10T  
Yogur Yoghurt 2  
Pan Bread 1

Merluza en salsa verde con pisto Hake in sauce with vegetables 4

Yogur Yoghurt 2  
Pan Bread 1



Integral



Ecológico