







LUNES/MONDAY	MARTES/TUESDAY	MÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
		1 FESTIVIDAD DE TODOS LOS SANTOS	2 Coditos con atún Varitas de merluza con guarnición Fruta natural y pan T Coditos with tuna Hake sticks with garnish Natural fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	3 Arroz caldoso Lomo al horno con salsa de champiñón Yogurt de sabores y pan Rice in broth Baked tenderloin with mushroom sauce Flavored yogurt and bread Kcal-685 / Lip-28 / Prot-15 / HC-52
6 Macarrones con tomate queso y atún Merluza a la andaluza con lechuga y tomate Fruta y pan T Macaroni with tomato, cheese and tuna fish Hake Andalusian style with lettuce and tomato Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	7 Judías pintas con bacon y tomate Tortilla de calabacín con lechuga, tomate y maíz Fruta y pan T Pinto beans with bacon and tomato Zucchini omelette with lettuce, tomato and corn Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	8 Arroz tres delicias con pavo y verduras Muslitos de pollo en salsa de champiñón Fruta y pan T Three-delicious rice with turkey and vegetables Chicken thighs in mushroom sauce Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	9 Pure de calabaza con puerro y calabacín Lomo de sajonia con lechuga tomate y pepino Fruta natural y pan T Pumpkin puree with leek and zucchini Saxony loin with tomato lettuce and cucumber Natural fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	10 Sopa de fideos ecológicos  Complemento de cocido con garbanzos carne y verduras Yogurt de sabores y pan Organic noodle soup Complement of chickpea stew with meat and vegetables Flavored yogurt and bread Kcal-685 / Lip-28 / Prot-15 / HC-52
13 Lentejas estofadas con verdura Abadejo con salsa de tomate cebolla y pimienta Fruta y pan T Lentils stewed with vegetables Haddock with tomato, onion and bell pepper sauce Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	14 Pure de verduras Muslitos de pollo con tomate, pepino y zanahoria Fruta y pan T Pureed vegetables Chicken drumsticks with tomato, cucumber and carrots Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	15 Pasta ecológica con bacon y tomate  Albondigas de pescado con patatas al horno Fruta y pan T Organic pasta with bacon and tomatoes Fish meatballs with baked potatoes Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	16 Sopa de picadillo Tortilla de patata con berenjena Fruta y pan T Picadillo soup Potato omelette with eggplant Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	17 Judías pintas con zanahoria patata Ventresca de merluza con lechuga tomate. Yogurt de sabores y pan Pinto beans with carrot and potato. Hake belly with tomato lettuce. Yogurt of flavors and bread Kcal-685 / Lip-28 / Prot-15 / HC-52
20 Lentejas estofadas con verduras y chorizo Salchichas frescas con lechuga tomate Fruta y pan T Stewed lentils with vegetables and chorizo sausage Fresh sausages with lettuce and tomatoes Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	21 Espaguetis con atún y tomate Caballa en aceite con salsa de champiñón Fruta y pan T Spaghetti with tuna and tomato Mackerel in oil with mushroom sauce Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	22 Crema de calabacín y puerro Filete de lomo a la plancha con pimientos Fruta y pan T Cream of zucchini and leek soup Grilled sirloin steak with peppers Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	23 Sopa de cocido con fideos ecológicos  Complemento de garbanzos carne y verduras Fruta y pan T Stew soup with ecological noodles Complement of chickpeas, meat and vegetables Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	24 Estofado a la riojana con patata pimiento y choriz Albóndigas de pescado con pisto Yogurt de sabores y pan Rioja stew with potato, pimento and chorizo sausage Fish meatballs with ratatouille Kcal-685 / Lip-28 / Prot-15 / HC-52
27 Crema de calabacín, guisantes y calabaza Hamburguesa de pollo con rodaja de tomate, cebolla y lechuga Fruta y pan T Cream of zucchini, peas and pumpkin soup Chicken hamburger with tomato, onion and lettuce slices Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	28 Alubias blancas con puerro, zanahoria y patata Merluza al horno con lechuga, tomate y maíz Fruta y pan T White beans with leek, carrot and potato Baked hake with lettuce, tomato and corn Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	29 Tallarines con tomate y atún Tortilla de patata con verduritas Fruta y pan T Tagliatelle with tomato and tuna Potato omelette with vegetables Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	30 Sopa de cocido con estrellitas ecológicas  Pelota alicantina con salsa de zanahoria y patata Fruta y pan T Stew soup with organic stars Pelota alicantina with carrot and potato sauce Fruit and bread Kcal-685 / Lip-28 / Prot-15 / HC-52	T Temporada  Integral  Ecológico