

MENÚ OCTUBRE 2024 9 DE OCTUBRE

ALÉRGICOS (T-TRAZAS): 1- Gluten 2-Leche 3-Huevo 4-Pescado 5- Crustáceos 6- Moluscos 7-Cacahuete 8- soja 9-Frutos secos 10- Apio 11- Mostaza 12- Sésamo 13- Sulfitos 14- Altramuces

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
	<p>1</p> <p>Patatas guisadas c/ verduras, cebolla y pimientos Salmón al horno c/ lechuga tomate y quinoa 4 Fruta y pan 1 Stewed potatoes w/vegetables, onion and peppers Baked salmon w/lettuce, tomato, tomato quinoa Fruit and bread 656 Kcal/ 30.7 Gr/ 29 Prot/ 62.7 HC</p>	<p>2</p> <p>Judías verdes rehogadas con jamón Cinta de lomo a la plancha con arroz ecológico salteado Fruta y pan 1 Sautéed green beans with ham Grilled sirloin steak with sautéed organic rice Fruit and bread 586 Kcal/ 23 Gr/ 22.9 Prot/ 70.2 HC</p>	<p>3</p> <p>Macarrones integrales gratinados 1-2 Pollo en pepitoria con huevo duro 1-3 Fruta y pan 1 Gratinated brown pasta Chicken in Pepitoria sauce with boiled eggs Fruit and bread 665 Kcal/ 26.1 Gr/ 22.3 Prot/ 81.1 HC</p>	<p>4</p> <p>Lentejas estofadas c/ patata, zanahoria y pimiento 1t Tortilla de queso c/ ensalada de lechuga y maíz 2-3 Yogurt y pan 1-2 Stewed lentils with potato, carrot and bell peppers Cheese omelet with lettuce and corn salad Yogurt and bread 621 Kcal/ 31.2 Gr/ 25.6 Prot/ 57.9 HC</p>
			<p>10</p> <p>Crema de verdura con zanahoria, puerro, acelgas y apio 10 Albóndigas mixtas 8 Fruta y pan 1 Cream of vegetable soup with carrots, leek, chard and celery Mixed meatballs Fruit and bread 686 Kcal/ 35.5 Gr/ 26.1 Prot/ 73.8 HC</p>	<p>11</p> <p>Judías pintas estofadas con patata, pimiento y cebolla Tortilla francesa con ensalada de lechuga y maíz 3 Yogurt y pan 1-2 Pinto beans stewed with potato, bell pepper and onion French omelette with lettuce and corn salad Fruit and bread 565 Kcal/ 23.6 Gr/ 25.7 Prot/ 57.2 HC</p>
			<p>17</p> <p>Arroz con sepia 4-5-6 Jamoncitos de pollo asados c/ boniato frito Fruta y pan 1 Rice with cuttlefish Roasted chicken hams w/ fried sweet potato Fruit and bread 699 Kcal/ 24.5 Gr/ 35.8 Prot/ 82.1 HC</p>	<p>18</p> <p>Alubias blancas guisadas con pimiento Palometa al horno con ensalada de tomates y aceitunas 4 Yogurt y pan 1-2 White beans stewed with peppers and baked permit with tomato and olive salad Yogurt and bread 661 Kcal/ 34.3 Gr/ 26.1 Prot/ 60.9 HC</p>
<p>14</p> <p>Patatas guisadas a la toledana c/ pimientos y chorizo 2-8 Huevos cocidos en salsa cazadora y champiñón 3 Fruta y pan 1 Potatoes stewed toledana style with peppers and chorizo sausage Eggs cooked in mushroom sauce with mushrooms Fruit and bread 644 Kcal/ 24.3 Gr/ 18.2 Prot/ 84.3 HC</p>	<p>15</p> <p>Tallarines integrales al ajillo 1 Filete de limanda con ensalada de lechuga y tomate 4 Fruta y pan 1 Whole wheat tagliatelle with garlic Fillet of dab with lettuce and tomato salad Fruit and bread 646 Kcal/ 24.7 Gr/ 25.3 Prot/ 80.4 HC</p>	<p>16</p> <p>Garbanzos ecológicos guisados con cebolla y pimientos Salchichas de tofu al horno con ensalada de tomate natural y maíz 1-8 Fruta y pan 1 Organic chickpeas stewed onions and peppers Baked tofu sausages natural tomato and corn salad Fruit and bread 657 Kcal/ 28.8 Gr/ 31.1 Prot/ 74.6 HC</p>		
<p>21</p> <p>Espaguetis integrales con salsa de tomate 1 Magro de cerdo guisado con arroz hervido Fruta y pan 1 Whole wheat spaghetti with tomato sauce Lean pork stew with boiled rice Fruit and bread 675 Kcal/ 22.5 Gr/ 19.6 Prot/ 96 HC</p>	<p>22</p> <p>Sopa de cocido con fideos ecológicos 1-3t Cocido completo con repollo Fruta y pan 1 Stew soup with organic noodles Complete stew with cabbage Fruit and bread 715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC</p>	<p>23</p> <p>Repollo rehogado con bacon Filete de pollo a la plancha con ensalada de lechuga y aceitunas Fruta y pan 1 Sautéed cabbage with bacon Grilled chicken fillet with lettuce and olive salad Fruit and bread 652 Kcal/ 24.7 Gr/ 28.8 Prot/ 76.7 HC</p>	<p>24</p> <p>Lentejas ecológicas estofadas con patata, zanahoria y pimientos 1t Tortilla de calabacín con ensalada de lechuga y tomate 3 Fruta y pan 1 Stewed organic lentils potatoes, carrots and peppers Zucchini omelette lettuce and tomato salad Fruit and bread 688 Kcal/ 28.6 Gr/ 23.8 Prot/ 82.5 HC</p>	<p>25</p> <p>Arroz tres delicias (guisantes, huevo y jamón) 3 Merluza a la romana frita con ensalada de lechuga y pepino 1-3-4 Yogurt y pan 1-2 Three delights rice (peas, egg and ham) Fried hake with lettuce and cucumber salad Yogurt and bread 663 Kcal/ 25.4 Gr/ 33.2 Prot/ 71.9 HC</p>
<p>28</p> <p>Coditos integrales en salsa de tomate con chorizo 1-2-8 Muslitos de pollo en salsa con champiñón Fruta y pan 1 Whole wheat elbows in tomato sauce with chorizo Chicken drumsticks in mushroom sauce Fruit and bread 750 Kcal/ 27.8 Gr/ 37.5 Prot/ 85.9 HC</p>	<p>29</p> <p>Judías blancas guisadas a la castellana 2-8 Calamares a la romana con ensalada de tomate natural 1-3-6 Fruta y pan 1 White beans stewed in Castilian style Calamares a la romana with natural tomato salad Fruit and bread 631 Kcal/ 25.6 Gr/ 31.1 Prot/ 66.1 HC</p>	<p>30</p> <p>Crema de calabacín y patata Albóndigas en salsa con patatas 8 Fruta y pan 1 Cream of zucchini and potato soup Meatballs in sauce with diced potatoes Fruit and bread 650 Kcal/ 37 Gr/ 21.6 Prot/ 56 HC</p>	<p>31</p> <p>Paella con gambas y mejillones 4-5-6 Tortilla francesa con pimientos 3 Fruta y pan 1 Paella with shrimps and mussels French omelette with peppers Fruit and bread 667 Kcal/ 27.7 Gr/ 26.6 Prot/ 80.2 HC</p>	