




LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
1	2	3	4	5
FESTIVO	FESTIVO	FESTIVO	FESTIVO	FESTIVO
8	9	10	11	12
FESTIVO	<p>Judías blancas ecológicas estofadas con zanahoria y patata Lomo al horno con pimientos fritos Fruta natural y pan sin gluten</p> <p><i>Stewed organic white beans with carrots and potatoes</i> <i>Baked lean with fried peppers</i> <i>Natural fruit and gluten-free bread</i> 693 Kcal/ 29.2 Gr/ 21.9 Prot/ 71.8 HC</p>	<p>Tallarines sin gluten caldosos de pescado 4 Salmón en salsa marinera (sin maicena) 4-5-6 Fruta natural y pan sin gluten</p> <p><i>Fish gluten-free tagliatelle</i> <i>Salmon in marinara sauce</i> <i>Natural fruit and gluten-free bread</i></p> <p>759 Kcal/ 32.9 Gr/ 29.9 Prot/ 86.6 HC</p>	<p>Sopa de cocido 3t Cocido completo Fruta natural y pan sin gluten</p> <p><i>Stew soup</i> <i>Complete stew</i> <i>Natural fruit and gluten-free bread</i></p> <p>690 Kcal/ 29.9 Gr/ 30.2 Prot/ 72.3 HC</p>	<p>Crema de calabacín y patata Pollo al horno con verduras gratinadas 2 Yogurt de sabores y pan sin gluten 2</p> <p><i>Cream of courgette and potato soup</i> <i>Baked chicken with gratinated vegetables</i> <i>Flavoured yoghurt and gluten-free bread</i></p> <p>631 Kcal/ 27.6 Gr/ 25.4 Prot/ 68.9 HC</p>
15	16	17	18	19
<p>Estofadas de garbanzos con patatas, zanahoria y pimienta Salchichas de pavo con patata al horno Fruta natural y pan sin gluten</p> <p><i>Stewed chickpeas with potatoes, carrots and pepper</i> <i>Turkey sausage with baked potatoes</i> <i>Natural fruit and gluten-free bread</i></p> <p>649 Kcal/ 33 Gr/ 27.3 Prot/ 56.7 HC</p>	<p>Paella mixta de magro y verdura Salmon en salsa de tomate 4 Fruta natural y pan sin gluten</p> <p><i>Mixed Paella with lean meat and vegetables</i> <i>Salmon in tomato tomato sauce</i> <i>Natural fruit and gluten-free bread</i></p> <p>632 Kcal/ 25.6 Gr/ 30.1 Prot/ 67.7 HC</p>	<p>Puré de verduras (patata, zanahoria, calabacín y puerro) Ragout de pollo con cachelos Fruta natural y pan sin gluten</p> <p><i>Mashed vegetables (potato, carrot, zucchini and leek)</i> <i>Chicken ragout with cachelos (beef with mushrooms)</i> <i>Natural fruit and gluten-free bread</i></p> <p>625 Kcal/ 23.1 Gr/ 26.4 Prot/ 76.1 HC</p>	<p>Pasta sin gluten con salsa de tomate Caballa en aceite con berenjena 4 Fruta natural y pan sin gluten</p> <p><i>Gluten-free pasta with tomato sauce</i> <i>Mackerel in oil with aubergine</i> <i>Natural fruit and gluten-free bread</i></p> <p>855 Kcal/ 46.9 Gr/ 22.6 Prot/ 83.3 HC</p>	<p>Judías blancas estofadas con verduras Tortilla de patata con calabacín 3 Yogurt de sabores y pan sin gluten 2</p> <p><i>Stewed white beans with vegetables</i> <i>Potato omelette with courgette</i> <i>Flavoured yoghurt and gluten-free bread</i></p> <p>655 Kcal/ 24.2 Gr/ 26.8 Prot/ 81.5 HC</p>
22	23	24	25	26
<p>Judías verdes con jamón de york Jamoncitos de pollo al horno con pisto Fruta natural y pan sin gluten</p> <p><i>Green beans with york ham</i> <i>Baked chicken hams with ratatouille</i> <i>Natural fruit and gluten-free bread</i></p> <p>558 Kcal/ 25.1 Gr/ 26.9 Prot/ 60.3 HC</p>	<p>Arroz a la cubana 3 Lacón al horno con patatas Fruta natural y pan sin gluten</p> <p><i>Cuban rice</i> <i>Lacon baked in the oven with potatoes</i> <i>Natural fruit and gluten-free bread</i></p> <p>740 Kcal/ 34.4 Gr/ 25.5 Prot/ 79.3 HC</p>	<p>Alubias estofadas c/ chorizo, zanahoria, cebolla y patata 2-8 Filete de caballa natural con salsa de tomate 4 Fruta natural y pan sin gluten</p> <p><i>Stewed chickpeas w/ chorizo, carrot, onion and potato</i> <i>Natural mackerel fillet with tomato sauce</i> <i>Natural fruit and gluten-free bread</i></p> <p>650 Kcal/ 26.5 Gr/ 30.6 Prot/ 65.2 HC</p>	<p>Arroz con verdura y magro Tortilla con atún y menestra 3-4 Fruta natural y pan sin gluten</p> <p><i>Rice with vegetables and lean meat</i> <i>Omelette with tuna and stew vegetables</i> <i>Natural fruit and gluten-free bread</i></p> <p>744 Kcal/ 29.3 Gr/ 22.3 Prot/ 96.8 HC</p>	<p>Estofado de garbanzos con acelgas, zanahoria y huevo duro 3 Abadejo al horno con calabacín 4 Yogurt de sabores y pan sin gluten 2</p> <p><i>Chickpea stew with chard, carrot and hard-boiled egg</i> <i>Baked haddock with courgette</i> <i>Flavoured yoghurt and gluten-free bread</i></p> <p>864 Kcal/ 31.1 Gr/ 33.6 Prot/ 96.4 HC</p>
29	30			
<p>Patatas guisadas a la Toledana con pimientos y chorizo 2-8 Tortilla francesa con queso 2-3 Fruta natural y pan sin gluten</p> <p><i>Potatoes stewed in Toledan style with peppers and chorizo sausage</i> <i>French omelette with cheese</i> <i>Natural fruit and gluten-free bread</i></p> <p>535 Kcal/ 21.8 Gr/ 13.8 Prot/ 66.8 HC</p>	<p>Ollica Eldense 2-8 Filete de platija con salsa de verduras 4 Fruta natural y pan sin gluten</p> <p><i>Ollica Eldense</i> <i>Baked flounder with vegetables sauce</i> <i>Natural fruit and gluten-free bread</i></p> <p>715 Kcal/ 33 Gr/ 41 Prot/ 60.9 HC</p>			 <p>Georgia S.G – Dpto. Nutrición</p>