


LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
1	2	3	4	5
FESITVO	FESITVO	FESITVO	FESITVO	FESITVO
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 1</p> <p><i>Stewed organic white beans with carrots and potatoes Baked lean with fried peppers Natural fruit and bread 704 Kcal/ 33.4 Gr/ 23.7 Prot/ 75.4 HC</i></p>	<p>Tallarines caldosos de pescado 1-4 Salmón en salsa marinera 1-4-5-6 Fruta y pan 1</p> <p><i>Fish tagliatelle Salmon in marinara sauce Fruit and bread 759 Kcal/ 32.9 Gr/ 29.9 Prot/ 86.6 HC</i></p>	<p>Sopa de verdura Cocido completo Fruta natural y pan 1</p> <p><i>Chicken soup Complete stew Natural fruit and bread 775 Kcal/ 38.2 Gr/ 31.6 Prot/ 75.3 HC</i></p>	<p>Crema de calabacín y patata Pollo al horno con verduritas gratinadas 2 Yogurt de sabores y pan 1-2</p> <p><i>Cream of courgette and potato soup Baked chicken with gratinated vegetables Flavoured yoghurt and bread 631 Kcal/ 27.6 Gr/ 25.4 Prot/ 68.9 HC</i></p>
15	16	17	18	19
<p>Lentejas ecológicas estofadas con patatas, zanahoria y pimiento 1t Salchichas de pavo con puré de patata 1-2 Fruta natural y pan 1</p> <p><i>Stewed organic lentils with potatoes, carrots and pepper Turkey sausage with mashed potatoes Natural fruit and bread 687 Kcal/ 26.4 Gr/ 27.9 Prot/ 70.2 HC</i></p>	<p>Paella mixta de magro y verdura Salmón en salsa de tomate 4 Fruta natural y pan 1</p> <p><i>Mixed Paella with lean meat and vegetables Salmon in tomato tomato sauce Natural fruit and bread 654 Kcal/ 26 Gr/ 31.9 Prot/ 71.3 HC</i></p>	<p>Puré de verduras (patata, zanahoria, calabacín y puerro) Ragout de pollo con cachelos Fruta natural y pan 1</p> <p><i>Mashed vegetables (potato, carrot, zucchini and leek) Chicken ragout with cachelos (beef with mushrooms) Natural fruit and bread 625 Kcal/ 23.1 Gr/ 26.4 Prot/ 76.1 HC</i></p>	<p>Espaguetis con salsa de tomate 1 Caballa en aceite con berenjena 4 Fruta natural y pan 1</p> <p><i>Spaghetti with tomato sauce Mackerel in oil with aubergine Natural fruit and bread 855 Kcal/ 46.9 Gr/ 22.6 Prot/ 83.3 HC</i></p>	<p>Judías blancas estofadas con verduras Lomo adobado con calabacín Yogurt y pan 1-2</p> <p><i>Stewed white beans with vegetables Marinated lean with courgette Yoghurt and bread 676 Kcal/ 24.2 Gr/ 28.8 Prot/ 81.5 HC</i></p>
22	23	24	25	26
<p>Judías verdes con jamón de york Jamoncitos de pollo al horno con pisto Fruta natural y pan 1</p> <p><i>Green beans with york ham Baked chicken hams with ratatouille Fresh fruit and bread 575 Kcal/ 23.2 Gr/ 35 Prot/ 70.3 HC</i></p>	<p>Arroz con tomate y pavo Lacón al horno con patatas Fruta natural y pan 1</p> <p><i>Rice with tomato sauce and turkey Lacón baked in the oven with potatoes Fresh fruit and bread 813 Kcal/ 28.4 Gr/ 26.6 Prot/ 106.4 HC</i></p>	<p>Lentejas ecológicas estofadas c/ chorizo, zanahoria, cebolla y patata 1t-2-8 Filete de caballa natural con salsa de tomate 4 Fruta natural y pan 1</p> <p><i>Stewed organic lentils w/ chorizo, carrot, onion and potato Natural mackerel fillet with tomato sauce Fresh fruit and bread 645 Kcal/ 26.6 Gr/ 34.7 Prot/ 64.9 HC</i></p>	<p>Arroz con verdura y magro Atún con menestra de verduras 4 Fruta natural y pan 1</p> <p><i>Rice with vegetables and lean meat Tuna with stew vegetables Fresh fruit and bread 705 Kcal/ 29.3 Gr/ 26.3 Prot/ 86.8 HC</i></p>	<p>Estofado de garbanzos con acelgas, zanahoria y queso fresco 2 Abadejo empanado con calabacín 1-4 Yogurt y pan 1-2</p> <p><i>Chickpea stew with chard, carrot and fresh cheese Haddock in batter with courgette Yoghurt and bread 864 Kcal/ 31.1 Gr/ 33.6 Prot/ 96.4 HC</i></p>
29	30			
<p>Patatas guisadas a la Toledana con pimientos y chorizo 2-8 Contramuslo de pollo con berenjena Fruta natural y pan 1</p> <p><i>Potatoes stewed in Toledan style with peppers and chorizo sausage Chicken thigh with eggplant Fresh fruit and bread 612 Kcal/ 21.8 Gr/ 25.8 Prot/ 76.8 HC</i></p>	<p>Ollica Eldense 2-8 Filete de platija a la andaluza c/ verduritas 1-4 Fruta natural y pan 1</p> <p><i>Ollica Eldense Andalusian style flounder with vegetables Natural fruit and bread 737 Kcal/ 3.4 Gr/ 42.8 Prot/ 64.5 HC</i></p>			 <p>Giorgia S.G – Dpto. Nutrición</p>