



| LUNES/MONDAY | MARTES/TUESDAY | MIÉRCOLES/WEDNESDAY | JUEVES/THURSDAY | VIERNES/FRIDAY |
|--|--|---|--|--|
| 1 | | | | |
| FESTIVO | | | | |
|  Gizaga S.G - Dpto. Nutrición | | | | |
| 4 | 5 | 6 | 7 | 8 |
| FESTIVO | <p>Garbanzos ecológicos estofados c/ arroz Filete palometa con berenjena 4 Fruta natural y pan sin gluten</p> <p><i>Stewed organic chickpeas w/ rice</i> <i>Palometa fillet with eggplant</i> <i>Natural fruit and gluten-free bread</i></p> <p>584 Kcal/ 27.5 Gr/ 28.4 Prot/ 53.3 HC</p> | <p>Judías verdes con patatas y zanahoria Ragout de ternera con arroz hervido Fruta natural y pan sin gluten</p> <p><i>Green beans with potatoes and carrots</i> <i>Veal ragout with boiled rice</i> <i>Natural fruit and gluten-free bread</i></p> <p>613 Kcal/ 33.8 Gr/ 28.9 Prot/ 50.9 HC</p> | <p>Alubias blancas con patatas y chorizo 2-8 Tortilla francesa con ensalada de lechuga y maíz 3 Fruta natural y pan sin gluten</p> <p><i>White beans with potatoes and chorizo sausage</i> <i>French omelet with lettuce and corn salad</i> <i>Natural fruit and gluten-free bread</i></p> <p>617 Kcal/ 28.8 Gr/ 27.6 Prot/ 60.1 HC</p> | <p>Arroz con verduras, zanahorias, guisantes, judías verdes y espinacas Merluza al horno con calabacín 4 Yogurt y pan sin gluten 2</p> <p><i>Rice with vegetables, carrots, peas, green beans and spinach</i> <i>Backed hake with zucchini</i> <i>Yogurt and gluten-free bread</i></p> <p>612 Kcal/ 28.4 Gr/ 23.6 Prot/ 61.5 HC</p> |
| 11 | 12 | 13 | 14 | 15 |
| <p>Patatas guisadas con verduras (cebolla y pimiento) Halibut al horno con salsa de verduras 4 Fruta natural y pan sin gluten</p> <p><i>Stewed potatoes with vegetables (onion and bell pepper)</i> <i>Baked Halibut with vegetable sauce</i> <i>Natural fruit and gluten-free bread</i></p> <p>625 Kcal/ 23.3 Gr/ 29.2 Prot/ 70.2 HC</p> | <p>Garbanzos estofados con patatas, zanahoria y pimiento Filete ruso de ternera con patatas y tomate Fruta natural y pan sin gluten</p> <p><i>Stewed chickpeas with potatoes, carrots and peppers</i> <i>Russian veal fillet with french and tomato</i> <i>Natural fruit and gluten-free bread</i></p> <p>634 Kcal/ 27.8 Gr/ 28.1 Prot/ 59.4 HC</p> | <p>Menestra de verduras con judías verdes, espinacas, zanahoria y patata Pollo asado con lechuga y aceituna Fruta natural y pan sin gluten</p> <p><i>Vegetable stew with green beans, spinach, carrots and potatoes</i> <i>Grilled chicken with lettuce and olives</i> <i>Natural fruit and gluten-free bread</i></p> <p>615 Kcal/ 22.2 Gr/ 16.6 Prot/ 82.9 HC</p> | <p>Alubias blancas con patatas, chorizo, tomate y zanahoria 2-8 Filete de gallo al horno con ensalada de lechuga y maíz 4 Fruta natural y pan sin gluten</p> <p><i>White beans with potatoes, chorizo sausage, tomato and carrot.</i> <i>Backed rooster fillet with lettuce and corn salad</i> <i>Natural fruit and gluten-free bread</i></p> <p>605 Kcal/ 28.9 Gr/ 20.4 Prot/ 63.1 HC</p> | <p>Pasta sin gluten con tomate y bacon Muslitos de pollo a la riojana con tomate y pimiento 2-8 Yogurt y pan sin gluten 2</p> <p><i>Gluten-free pasta with tomato and bacon</i> <i>Chicken drumsticks Rioja style with tomato and pepper</i> <i>Yogurt and gluten-free bread</i></p> <p>698 Kcal/ 26.9 Gr/ 27.6 Prot/ 73.4 HC</p> |
| 18 | 19 | 20 | 21 | 22 |
| <p>Arroz ecológico tres delicias (guisantes, huevo y jamón cocido) 3 Caballa en aceite con berenjena 4 Fruta natural y pan sin gluten</p> <p><i>Organic three-delicious rice (peas, egg and cooked ham)</i> <i>Mackerel in oil with eggplant</i> <i>Natural fruit and gluten-free bread</i></p> <p>728 Kcal/ 47.4 Gr/ 20.6 Prot/ 53.2 HC</p> | <p>Crema de romanescu y patata Albóndigas en salsa con guisantes y zanahorias 8 Fruta natural y pan sin gluten</p> <p><i>Romanescu and potato cream</i> <i>Meatballs in sauce with peas and carrots</i> <i>Natural fruit and gluten-free bread</i></p> <p>637 Kcal/ 36.7 Gr/ 19.6 Prot/ 55.6 HC</p> | <p>Judías pintas estofadas con patata y zanahoria Tortilla francesa con queso y maíz 2-3 Fruta natural y pan sin gluten</p> <p><i>Pinto beans stewed with potatoes and carrots</i> <i>French omelet with cheese and corn</i> <i>Natural fruit and gluten-free bread</i></p> <p>643 Kcal/ 28.4 Gr/ 26 Prot/ 69.3 HC</p> | <p>Pasta sin gluten gratinados 2 Salmón al horno con zanahoria baby rehogada 4 Fruta natural y pan sin gluten</p> <p><i>Gluten-free pasta au gratin</i> <i>Baked salmon with sautéed baby carrots</i> <i>Natural fruit and gluten-free bread</i></p> <p>665 Kcal/ 28.9 Gr/ 23.4 Prot/ 76.3 HC</p> | <p>Sopa de cocido madrileño con fideos sin gluten 3t Complemento de cocido con garbanzos, chorizo, carnes, patata y zanahoria 2-8 Yogurt y pan sin gluten 2</p> <p><i>Madridenian stew soup with gluten-free noodles</i> <i>Complement of stew with chickpeas, chorizo, meats, potatoes and carrots.</i> <i>Yogurt and gluten-free bread</i></p> <p>712 Kcal/ 28.6 Gr/ 28.9 Prot/ 81.9 HC</p> |
| 25 | 26 | 27 | 28 | 29 |
| <p>Pasta sin gluten a la carbonara con atún 2-4 Cinta de lomo a la plancha con arroz hervidos Fruta natural y pan sin gluten</p> <p><i>Gluten-free pasta carbonara with tuna fish</i> <i>Grilled sirloin steak with boiled rice</i> <i>Natural fruit and gluten-free bread</i></p> <p>640 Kcal/ 28.7 Gr/ 27 Prot/ 66.7 HC</p> | <p>Patatas a la marinera con pescado 4-5-6 Palometa al horno con ensalada de lechuga y pepino 4 Fruta natural y pan sin gluten</p> <p><i>Potatoes with fish and seafood</i> <i>Baked permit with lettuce and cucumber salad</i> <i>Natural fruit and gluten-free bread</i></p> <p>648 Kcal/ 24.5 Gr/ 28.6 Prot/ 73.1 HC</p> | <p>Estofado de garbanzos con Bacon, chorizo, patata y zanahoria 2-8 Huevo rellenos con atún y tomate frito 3-4 Fruta natural y pan sin gluten</p> <p><i>Chickpea stew with bacon, chorizo, potato and carrot.</i> <i>Egg stuffed with tuna and fried tomatoes</i> <i>Natural fruit and gluten-free bread</i></p> <p>672 Kcal/ 28.6 Gr/ 22.4 Prot/ 79.7 HC</p> | <p>Crema de calabacín, guisantes y calabaza Lacón a la plancha con calabacín al horno Fruta natural y pan sin gluten</p> <p><i>Cream of zucchini, peas and pumpkin soup</i> <i>Grilled Lacón with baked zucchini</i> <i>Natural fruit and gluten-free bread</i></p> <p>571 Kcal/ 30 Gr/ 18.6 Prot/ 54.9 HC</p> | <p><u>DÍA DE CANTABRIA</u></p> <p>Cocido montañés</p> <p>Rabas con perejil 6</p> <p>Natillas y pan sin gluten 2</p> <p>689 Kcal/ 27.6 Gr/ 28.4 Prot/ 77.5 HC</p>  |