

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

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Después de las fiestas navideñas, es momento de retomar la rutina con energía renovada y nuevos propósitos para el año que comienza



GGG S.G – Dpto. Nutrición



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Ollica Eldense 2-8
Tortilla de patata con queso de sándwich 2-3
Fruta natural y pan sin gluten
Ollica Eldense
Potato omelette with sandwich cheese
Fresh fruit and gluten-free bread
 669 Kcal/ 28 Gr/ 31.8 Prot/ 70.1 HC

Pure de calabaza
Albóndigas en salsa con patata al horno 8
Fruta natural y pan sin gluten
Pumpkin purée with croutons
Meatballs in sauce with baked potato
Fresh fruit and gluten-free bread
 637 Kcal/ 36.4Gr/ 19.6 Prot/ 55.6 HC

Sopa de cocido con fideos sin gluten 3t
Cocido con garbanzos, pollo y verduras
Fruta natural y pan sin gluten
Soup made from stew with gluten-free noodles
Stew with chickpeas, chicken, and vegetables
Fresh fruit and gluten-free bread
 699 Kcal/ 25.9 Gr/ 24.6 Prot/ 89.5 HC

Arroz con salsa de tomate
Abadejo PBO con verduras salteadas 4
Yogurt y pan sin gluten 2
Rice with tomato sauce.
PBO cod with sautéed vegetables
Yogurt and gluten-free bread
 644 Kcal/ 29.9 Gr/ 30.3 Prot/ 60.6HC

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Pasta sin gluten a la boloñesa con queso 2-3t
Lomo adobado con ensalada
Fruta natural y pan sin gluten
Macaroni Bolognese with cheese
Marinated pork loin with salad
Fresh fruit and gluten-free bread
 652 Kcal/ 24.2 Gr/ 25.9 Prot/ 80.4 HC

Judías pintas con arroz
Merluza al horno con patata vapor 4
Fruta natural y pan sin gluten
Pinto beans with rice
Backed hake with steamed potatoes
Fresh fruit and gluten-free bread
 619 Kcal/ 24.7 Gr/ 29.2 Prot/ 67.7 HC

Arroz con verduras, zanahoria, judías verdes, guisantes y espinacas
Ragout de pollo en salsa
Fruta natural y pan sin gluten
Rice with vegetables, carrot, green beans, peas, and spinach
Chicken ragout in sauce
Fresh fruit and gluten-free bread
 664 Kcal/ 27.5 Gr/ 28.4 Prot/ 62.7 HC

Estofado de garbanzos con chorizo 2-8
Palometa con berenjena 4
Fruta natural y pan sin gluten
Chickpeas stew with chorizo
Cordon bleu
Fresh fruit and gluten-free bread
 608 Kcal/ 33.4 Gr/ 21.1 Prot/ 54.2 HC

Judías verdes con patata y zanahoria
Albóndigas a la jardinera con pimiento, tomate y cebolla 8
Yogurt y pan sin gluten 2
Green beans with potato and carrot
Meatball with bell pepper, tomato, and onion
Yogurt and gluten-free bread
 724 Kcal/ 38.1 Gr/ 31.3 Prot/ 62.4 HC

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Arroz ecológico tres delicias, guisantes, huevos y jamón cocido 3
Filete de pollo con patata y tomate
Fruta natural y pan sin gluten
Organic three-delight rice with peas, eggs, and cooked ham
Chicken fillet with potato and tomato
Fresh fruit and gluten-free bread
 654Kcal/ 27.3 Gr/ 28.1 Prot/ 57.9 HC

Garbanzos con patatas y chorizo 2-8
Huevos cocidos con alioli 3-4-13
Fruta natural y pan sin gluten
Chickpeas with potatoes and chorizo
Boiled eggs with alioli
Fresh fruit and gluten-free bread
 654 Kcal/ 27.3 Gr/ 28.1 Prot/ 57.9 HC

Paella mixta con pollo y judías verdes 4-5-6
Caballa en aceite con berenjena 4
Fruta natural y pan sin gluten
Mixed paella with chicken and green beans
Mackerel in oil with eggplant
Fresh fruit and gluten-free bread
 723 Kcal/ 35 Gr/ 30.5 Prot/ 78.2 HC

Alubias blancas ecológicas con puerro, zanahoria y patata
Salmón al horno con zanahoria baby rehogada 4
Fruta natural y pan sin gluten
Organic white beans with leek, carrot, and potato
Baked salmon with sautéed baby carrots
Fresh fruit and gluten-free bread
 630 Kcal/ 25.7 Gr/ 32 Prot/ 65.4 HC

Pasta sin gluten con salsa de tomate
Estofado de pollo con zanahoria y guisantes
Yogurt y pan sin gluten 2
Gluten-free pasta with tomato sauce
Chicken stew with carrot and peas
Yogurt and gluten-free bread
 687 Kcal/ 36 Gr/ 28.8 Prot/ 65.4 HC

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Puré de zanahoria
Merluza al horno en salsa verde 4
Fruta natural y pan sin gluten
Carrot purée
Baked hake in green sauce
Fresh fruit and gluten-free bread
 611 Kcal/ 34.8 Gr/ 19.2 Prot/ 52.8 HC

Crema parmentier 2-10
Chuleta de Sajonia con champiñón
Fruta natural y pan sin gluten
Parmentier cream.
Saxony chop with mushrooms.
Fresh fruit and gluten-free bread
 596 Kcal/ 23 Gr/ 19.2 Prot/ 83.7 HC

Estofado de alubias con chorizo 2-8
Contramuslo de pollo con patata al horno
Fruta natural y pan sin gluten
Beans stew with chorizo
Chicken thigh with baked potato
Fresh fruit and gluten-free bread
 570 Kcal/ 23.4 Gr/ 20.4 Prot/ 66.2 HC

Arroz caldoso de pavo y verduras
Tortilla de calabacín 3
Fruta natural y pan sin gluten
Turkey and vegetable brothy rice
Zucchini omelette
Fresh fruit and gluten-free bread
 659 Kcal/ 24.3 Gr/ 23.3 Prot/ 85.5 HC

Sopa de cocido con fideos sin gluten 3t
Complemento de cocido con garbanzos, carne y verduras
Yogurt y pan sin gluten 2
Soup of cocido with organic noodles
Cocido complement with chickpeas, meat, and vegetables.
Yogurt and gluten-free bread
 712 Kcal/ 29.3 Gr/ 28.9 Prot/ 81.9 HC