

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



GGP S.G – Dpto. Nutrición



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Ollica Eldense 2-8
Merluza al horno con tomate 4
Fruta natural y pan 1

Ollica Eldense
Baked hake with tomato sauce
Fresh fruit and bread

665 Kcal/ 28.3 Gr/ 32.1 Prot/ 72.8 HC

Pure de calabaza con picatostes 1
Albóndigas en salsa con patata al horno 8
Fruta natural y pan 1

Pumpkin purée with croutons
Meatballs in sauce with baked potato
Fresh fruit and bread

654 Kcal/ 36.7 Gr/ 21 Prot/ 58.3 HC

Sopa de ave con fideos ecológicos 1
Cocido con garbanzos, pollo y verduras
Fruta natural y pan 1

Chicken soup with organic noodles
Stew with chickpeas, chicken, and vegetables
Fresh fruit and bread

715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC

Arroz con salsa de tomate
Abadejo PBO con verduras salteadas 4
Yogurt y pan 1-2

Rice with tomato sauce.
PBO cod with sautéed vegetables
Yogurt and bread

660 Kcal/ 30.2 Gr/ 31.7 Prot/ 63.3 HC

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Macarrones con tomate y queso 1-2
Lomo adobado con ensalada
Fruta natural y pan 1

Macaroni with tomato and cheese
Marinated pork loin with salad
Fresh fruit and bread

629 Kcal/ 24.5 Gr/ 27.3 Prot/ 63.1 HC

Judías pintas con arroz
Merluza a la andaluza con patata vapor 1-4
Fruta natural y pan 1

Pinto beans with rice
Andalusian-style hake with steamed potatoes
Fresh fruit and bread

635 Kcal/ 25 Gr/ 30.5 Prot/ 70.4 HC

Arroz con verduras, zanahoria, judías verdes, guisantes y espinacas
Ragout de pollo en salsa
Fruta natural y pan 1

Rice with vegetables, carrot, green beans, peas, and spinach
Chicken ragout in sauce
Fresh fruit and bread

680 Kcal/ 27.9 Gr/ 29.8 Prot/ 65.4 HC

Estofado de lentejas con chorizo 1t-2-8
Palometa con berenjena 4
Fruta natural y pan 1

Lentil stew with chorizo
Dorado with eggplant
Fresh fruit and bread

621 Kcal/ 31.3 Gr/ 23.3 Prot/ 59.3 HC

Judías verdes con patata y zanahoria
Albóndigas la jardinera con pimiento, tomate y cebolla 8
Yogurt y pan 1-2

Green beans with potato and carrot
Meatball with bell pepper, tomato, and onion
Yogurt and bread

614 Kcal/ 29 Gr/ 25.2 Prot/ 37.5 HC

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Arroz ecológico con guisantes y jamón cocido
Filete ruso con patata y tomate 1
Fruta natural y pan 1

Organic three with peas and cooked ham
Russian steak with potato and tomato
Fresh fruit and bread

730 Kcal/ 26.8 Gr/ 38.3 Prot/ 82.9 HC

Lentejas con patatas y chorizo 1t-2-8
Merluza al horno con calabacín 4
Fruta natural y pan 1

Lentils with potatoes and chorizo
Baked hake with zucchini
Fresh fruit and bread

645 Kcal/ 27.7 Gr/ 25.4 Prot/ 60.6 HC

Fideua mixta con pollo y judías verdes 1-4-5-6
Caballa en aceite con berenjena 4
Fruta natural y pan 1

Mixed fideuá with chicken and green beans
Mackerel in oil with eggplant
Fresh fruit and bread

739 Kcal/ 35.3 Gr/ 30.9 Prot/ 80.9 HC

Alubias blancas ecológicas con puerro, zanahoria y patata
Salmón al horno con zanahoria baby rehogada 4
Fruta natural y pan 1

Organic white beans with leek, carrot, and potato
Baked salmon with sautéed baby carrots
Fresh fruit and bread

646 Kcal/ 26 Gr/ 33.3 Prot/ 68.1 HC

Macarrones con salsa de tomate 1
Estofado de pollo con zanahoria y guisantes
Yogurt y pan 1-2

Macaroni with tomato sauce
Chicken stew with carrot and peas
Yogurt and bread

703 Kcal/ 36.4 Gr/ 30.2 Prot/ 55.9 HC

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Puré de zanahoria con picatostes 1
Merluza al horno en salsa verde 4
Fruta natural y pan 1

Carrot purée with croutons
Baked hake in green sauce
Fresh fruit and bread

627 Kcal/ 35.1 Gr/ 20.6 Prot/ 55.5 HC

Crema parmentier 2-10
Chuleta de Sajonia con champiñón
Fruta natural y pan 1

Parmentier cream.
Saxony chop with mushrooms.
Fresh fruit and bread

612 Kcal/ 23.4 Gr/ 22.4 Prot/ 86.4 HC

Estofado de lentejas con chorizo 1t-2-8
Contramuslo de pollo con patata al horno
Fruta natural y pan 1

Lentil stew with chorizo
Chicken thigh with baked potato
Fresh fruit and bread

600 Kcal/ 22.5 Gr/ 31.8 Prot/ 61.6 HC

Arroz caldoso de pavo y verduras
Palometa al horno calabacín 4
Fruta natural y pan 1

Turkey and vegetable broth rice
Baked dorado with zucchini
Fresh fruit and bread

679 Kcal/ 25.6 Gr/ 26.6 Prot/ 88.2 HC

Sopa de ave con fideos ecológicos 1
Complemento de cocido con garbanzos, carne y verduras
Yogurt y pan 1-2

Chicken soup with organic noodles
Cocido complement with chickpeas, meat, and vegetables.
Yogurt and bread

715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC