

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



Giorgiq S.G – Dpto. Nutrición



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Brócoli rehogado con patata
Tortilla de patata con ensalada 3
Fruta natural y pan 1

Sauteed broccoli with potato
Potato omelette with salad
Fresh fruit and bread

608 Kcal/ 27.7 Gr/ 22.5 Prot/ 63.7 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 cocido con fideos ecológicos 1-3t
Cocido con garbanzos, pollo y verduras
Fruta natural y pan 1

Soup made from stew 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 de soja y pan 1-8

Rice with tomato sauce.
PBO cod with sautéed vegetables
Soja yogurt and bread

651 Kcal/ 29.2 Gr/ 32.3 Prot/ 60.6 HC

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Macarrones a la boloñesa 1-3t
Lomo adobado con ensalada
Fruta natural y pan 1

Macaroni Bolognese
Marinated pork loin with salad
Fresh fruit and bread

669 Kcal/ 24.5 Gr/ 27.3 Prot/ 83.1 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 verduras 1t
Palometa con berenjena 4
Fruta natural y pan 1

Lentil stew with vegetables
Dorado with eggplant
Fresh fruit and bread

621 Kcal/ 31.3 Gr/ 23.3 Prot/ 59.3 HC

Judías verdes con patata y zanahoria
Pelota alicantina a la jardinera con pimiento, tomate y cebolla 1-3
Yogurt de soja y pan 1-8

Green beans with potato and carrot
Alicante-style meatball with bell pepper, tomato, and onion
Soja yogurt and bread

605 Kcal/ 29 Gr/ 25.8 Prot/ 34.8 HC

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Arroz ecológico tres delicias: guisantes, huevos y jamón cocido 3
Filete ruso con patata y tomate 1
Fruta natural y pan 1

Organic three delights rice with peas, eggs, 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 verduras 1t
Huevos cocidos con alioli 3-4-13
Fruta natural y pan 1

Lentils with potatoes and vegetables
Boiled eggs with alioli
Fresh fruit and bread

670 Kcal/ 27.7 Gr/ 29.4 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 fideua 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 de soja y pan 1-8

Macaroni with tomato sauce
Chicken stew with carrot and peas
Soja yogurt and bread

694 Kcal/ 35.4 Gr/ 30.8 Prot/ 53.3 HC

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Puré de zanahoria con picatostes 1
Calamares a la romana con berenjena 1-3-6
Fruta natural y pan 1

Carrot purée with croutons
Breaded squid with eggplant
Fresh fruit and bread

674 Kcal/ 30.5 Gr/ 21.2 Prot/ 85.6 HC

Crema de calabacín
Chuleta de Sajonia con champiñón
Fruta natural y pan 1

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

612 Kcal/ 23.4 Gr/ 22.4 Prot/ 86.4 HC

Estofado de lentejas con verduras 1t
Contramuslo de pollo con patata al horno
Fruta natural y pan 1

Lentil stew with vegetables
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
Tortilla de calabacín 3
Fruta natural y pan 1

Turkey and vegetable brothy rice
Zucchini omelette
Fresh fruit and bread

675 Kcal/ 24.6 Gr/ 24.6 Prot/ 88.2 HC

Sopa de cocido con fideos ecológicos 1-3t
Complemento de cocido con garbanzos, carne y verduras
Yogurt de soja y pan 1-8

Soup of cocido with organic noodles
Cocido complement with chickpeas, meat, and vegetables.
Soja yogurt and bread

720 Kcal/ 28.6 Gr/ 30.9 Prot/ 81.9 HC