

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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Ollica Eldense 2-8
Tortilla de patata con queso de sándwich 2-3
Fruta natural y pan 1
Ollica Eldense
Potato omelette with sandwich cheese
Fresh fruit and bread
 685 Kcal/ 28.3 Gr/ 33.1 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 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 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 a la boloñesa con queso 1-2-3t
Lomo adobado con ensalada
Fruta natural y pan 1
Macaroni Bolognese with cheese
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 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
Pelota alicantina a la jardinera con pimiento, tomate y cebolla 1-3
Yogurt y pan 1-2
Green beans with potato and carrot
Alicante-style 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 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 chorizo 1t-2-8
Huevos cocidos con alioli 3-4-13
Fruta natural y pan 1
Lentils with potatoes and chorizo
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 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
Palitos de pescado y calamares a la romana con berenjena 1-2t-3-4-5t-6-8t-11t
Fruta natural y pan 1
Carrot purée with croutons
Fish sticks and breaded squid with eggplant
Fresh fruit and bread
 674 Kcal/ 30.5 Gr/ 21.2 Prot/ 85.6 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
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 y pan 1-2
Soup of cocido with organic noodles
Cocido complement with chickpeas, meat, and vegetables.
Yogurt and bread
 715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC