

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

Tras las fiestas navideñas, es momento de que los niños y niñas vuelvan a la rutina con energía renovada y ganas de empezar el año nuevo.



Giorgia S.G. - Dpto. Nutrición



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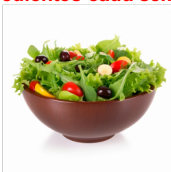
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El menú diario se servirá con guarnición con ensalada compuesta por distintos ingredientes cada semana



Alubias blancas estofadas con patata zanahoria y pimiento
Tortilla de patata con verduritas **3**
Fruta natural y pan sin gluten
White beans stew with potato, carrot, and bell pepper
Potato omelet with vegetables
Fresh fruit and gluten-free white
673 Kcal/ 28.5 Gr/ 18.2 Prot/ 73.4 HC

Sopa de cocido con fideos sin gluten
Cocido de garbanzos, pollo y verduras
Fruta natural y pan sin gluten
Stew soup with gluten-free noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and gluten-free bread
683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Patatas guisadas con verduras, cebolla y pimiento
Abadejo al horno con tomate **4**
Yogurt y pan sin gluten **2**
Stewed potatoes with vegetables, onion, and bell pepper
Baked pollock with tomato
Yogurt and gluten-free bread
678 Kcal/ 31 Gr/ 27 Prot/ 64 HC

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Judías verdes con patata y zanahoria
Merluza PBO con salsa de verduras **4**
Fruta natural y pan sin gluten

Green beans with potato and carrot
Hake with vegetable sauce
Fresh fruit and gluten-free white

564 Kcal/ 31.5 Gr/ 18.2 Prot/ 40.4 HC

Alubias blancas con arroz y magro
Tortilla de patata con menestra **3**
Fruta natural y pan sin gluten

White beans with rice and lean meat
Potato omelet with mixed vegetables
Fresh fruit and gluten-free white

776 Kcal/ 34.5 Gr/ 26.7 Prot/ 83.4 HC

Arroz caldoso de pescado **4-5t-6t**
Filete de pollo con queso, lechuga y aceitunas **2**
Fruta natural y pan sin gluten

Fish and rice stew
Chicken filet with cheese, lettuce and olives
Fresh fruit and gluten-free white

702 Kcal/ 27.5 Gr/ 26.2 Prot/ 76.4 HC

Garbanzos ecológicos estofados con arroz
Palometa con berenjena **4**
Fruta natural y pan sin gluten

Organic chickpea stew with rice
Pomfret with eggplant
Fresh fruit and gluten-free white

689 Kcal/ 21.5 Gr/ 35.2 Prot/ 92.4 HC

Macarrones sin gluten a la boloñesa con queso **2**
Muslitos de pollo con cebolla y pimiento verde
Yogurt y pan sin gluten **2**

Gluten-free macaroni Bolognese with cheese
Chicken drumsticks with onion and green pepper
Yogurt and gluten-free bread

726 Kcal/ 29 Gr/ 39 Prot/ 72 HC

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Puré de zanahoria
Albóndigas búrguer meat mixtas a la jardinera **8-13**
Fruta natural y pan sin gluten

Carrot puree
Mixed meat burgers with vegetables
Fresh fruit and gluten-free bread

694 Kcal/ 34.5 Gr/ 24.2 Prot/ 67.4 HC

Garbanzos estofados con hortalizas
Salmón al horno con lechuga y tomate **4**
Fruta natural y pan sin gluten

Chickpeas stew with vegetables
Baked salmon with lettuce and tomato
Fresh fruit and gluten-free bread

627 Kcal/ 30.5 Gr/ 27.2 Prot/ 53.4 HC

Ollica eldense **2-8**
Ragout de pollo en salsa
Fruta natural y pan sin gluten

Ollica eldense
Chicken ragout in sauce
Fresh fruit and gluten-free bread

682 Kcal/ 25.5 Gr/ 31.2 Prot/ 85.4 HC

Alubias blancas con patata, chorizo, tomate y zanahoria **2-8**
Tortilla de calabacín **3**
Fruta natural y pan sin gluten

White beans with potato, chorizo, tomato, and carrot
Zucchini omelet
Fresh fruit and gluten-free bread

760 Kcal/ 33.5 Gr/ 24.2 Prot/ 85.4 HC

Carcolas sin gluten con queso gratinado **2**
Merluza al horno con berenjena **4**
Yogurt y pan sin gluten **2**

Gluten-free pasta with gratinated cheese
Baked hake with eggplant
Yogurt and gluten-free bread

712 Kcal/ 30.1 Gr/ 23.2 Prot/ 79 HC

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Macarrones sin gluten con salsa de tomate
Cinta de lomo a la plancha con arroz ecológico salteado
Fruta natural y pan sin gluten

Gluten-free macaroni with tomato sauce
Grilled pork loin with sautéed organic rice
Fresh fruit and gluten-free bread

797 Kcal/ 32.5 Gr/ 25.2 Prot/ 116.4 HC

Crema de calabacín con guisantes y calabaza
Merluza al horno al estilo murciano **4**
Fruta natural y pan sin gluten

Cream of zucchini soup with peas and pumpkin
Baked hake, Murcian style
Fresh fruit and gluten-free bread

592 Kcal/ 33.5 Gr/ 19.2 Prot/ 48.4 HC

Sopa de cocido con fideos sin gluten
Cocido de garbanzos, pollo y verduras
Fruta natural y pan sin gluten

Stew soup with gluten-free noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and gluten-free bread

683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Arroz caldoso con pollo y verduras
Caballa en aceite con patata vapor **4**
Fruta natural y pan sin gluten

Soupy rice with chicken and vegetables
Mackerel in oil with steamed potato
Fresh fruit and gluten-free bread

769 Kcal/ 38.5 Gr/ 23.2 Prot/ 77.4 HC

MENÚ ESPECIAL 6º DE PRIMARIA

Pan pizza con pan sin gluten, tomate, queso y orégano **2**

Hamburguesa de ternera (con pan sin gluten) **2**

Flan **2-3**
767 Kcal/ 45 Gr/ 30 Prot/ 57 HC