

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



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



Lentejas ecológicas estofadas con patata zanahoria y pimiento 1t
Cinta de lomo con verduras
Fruta natural y pan blanco e integral 1
Organic lentil stew with potato, carrot, and bell pepper
Pork loin with vegetables
Fresh fruit and white and whole-wheat bread
689 Kcal/ 29.6 Gr/ 22.2 Prot/ 69.4 HC

Sopa de cocido con arroz
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1
Stew soup with rice
Chickpea, chicken, and vegetable stew
Fresh fruit and white and whole-wheat 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 blanco e integral 1-2
Stewed potatoes with vegetables, onion, and bell pepper
Baked pollock with tomato
Yogurt and white and whole-wheat bread
678 Kcal/ 31 Gr/ 27 Prot/ 64 HC

Judías verdes con patata y zanahoria
Merluza PBO con salsa de verduras 4
Fruta natural y pan blanco e integral 1

Green beans with potato and carrot
Hake with vegetable sauce
Fresh fruit and white and wholemeal bread

564 Kcal/ 31.5 Gr/ 18.2 Prot/ 40.4 HC

Alubias blancas con arroz y magro
Filete de pavo con menestra
Fruta natural y pan blanco e integral 1

White beans with rice and lean meat
Turkey filet with mixed vegetables
Fresh fruit and white and wholemeal bread

676 Kcal/ 29.5 Gr/ 28.7 Prot/ 83.4 HC

Arroz caldoso de pescado 4-5t-6t
Pollo empanado con lechuga y aceitunas 1
Fruta natural y pan blanco e integral 1

Fish and rice stew
Breaded chicken with lettuce and olives
Fresh fruit and white and wholemeal bread

780 Kcal/ 27.5 Gr/ 24.2 Prot/ 101.4 HC

Garbanzos ecológicos estofados con cous cous 1-8t-11t
Palometa con berenjena 4
Fruta natural y pan blanco e integral 1

Organic chickpea stew with couscous
Pomfret with eggplant
Fresh fruit and white and wholemeal bread

689 Kcal/ 21.5 Gr/ 35.2 Prot/ 92.4 HC

Arroz integral a la boloñesa con queso 2
Muslitos de pollo con cebolla y pimiento verde
Yogurt y pan blanco e integral 1-2

Borwn rice Bolognese with cheese
Chicken drumsticks with onion and green pepper
Yogurt and white and whole-wheat bread

726 Kcal/ 29 Gr/ 39 Prot/ 72 HC

Puré de zanahoria con picatostes 1
Albóndigas búrguer meat mixtas a la jardinera 8-13
Fruta natural y pan blanco e integral 1

Carrot puree with croutons
Mixed meat burgers with vegetables
Fresh fruit and white and whole-wheat bread

694 Kcal/ 34.5 Gr/ 24.2 Prot/ 67.4 HC

Lentejas estofadas con hortalizas 1t
Salmón al horno con lechuga y tomate 4
Fruta natural y pan blanco e integral 1

Lentil stew with vegetables
Baked salmon with lettuce and tomato
Fresh fruit and white and whole-wheat 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 blanco e integral 1

Ollica eldense
Chicken ragout in sauce
Fresh fruit and white and whole wheat bread

682 Kcal/ 25.5 Gr/ 31.2 Prot/ 85.4 HC

Alubias blancas con patata, chorizo, tomate y zanahoria 2-8
Cinta de lomo con calabacín
Fruta natural y pan blanco e integral 1

White beans with potato, chorizo, tomato, and carrot
Grilled chicken with zucchini
Fresh fruit and white and whole wheat bread

670 Kcal/ 29.5 Gr/ 28.7 Prot/ 80.4 HC

Arroz con bechamel 1-2
Merluza al horno con berenjena 4
Yogurt y pan blanco e integral 1-2

Rice with béchamel sauce
Baked hake with eggplant
Yogurt and white and whole-wheat bread

750 Kcal/ 33 Gr/ 24 Prot/ 79 HC

Quinoa con salsa de tomate
Cinta de lomo a la plancha con arroz ecológico salteado
Fruta natural y pan blanco e integral 1

Quinoa with tomato sauce
Grilled pork loin with sautéed organic rice
Fresh fruit and white and wholemeal 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 blanco e integral 1

Cream of zucchini soup with peas and pumpkin
Baked hake, Murcian style
Fresh fruit and white and wholemeal bread

592 Kcal/ 33.5 Gr/ 19.2 Prot/ 48.4 HC

Sopa de cocido con arroz
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1

Stew soup with rice
Chickpea, chicken, and vegetable stew
Fresh fruit and white and whole-wheat 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 blanco e integral 1

Soupy rice with chicken and vegetables
Mackerel in oil with steamed potato
Fresh fruit and white and wholemeal bread

769 Kcal/ 38.5 Gr/ 23.2 Prot/ 77.4 HC

MENÚ ESPECIAL 6º DE PRIMARIA

Pan pizza con tomate, queso, jamón york y orégano 1-2

Hamburguesa de ternera 1-2-8-13

Yogur 2

708 Kcal/ 45 Gr/ 30 Prot/ 42 HC