

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

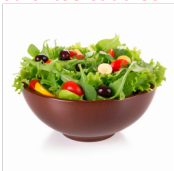
Tras las fiestas navideñas, es momento de que los niños y niñas vuelvan a la rutina con energía renovada y ganas de empezar el año nuevo.



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
Tortilla de patata con verduritas 3
Fruta natural y pan blanco e integral 1
Organic lentil stew with potato, carrot, and bell pepper
Potato omelet with vegetables
Fresh fruit and white and whole-wheat bread
673 Kcal/ 28.5 Gr/ 18.2 Prot/ 73.4 HC

Sopa de cocido con fideos ecológicos 1-3t
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1
Stew soup with organic noodles
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
Tortilla de patata con menestra 3
Fruta natural y pan blanco e integral 1
White beans with rice and lean meat
Potato omelet with mixed vegetables
Fresh fruit and white and wholemeal bread
776 Kcal/ 34.5 Gr/ 26.7 Prot/ 83.4 HC

Arroz caldoso de pescado 4-5t-6t
Escalope San Jacobo con lechuga y aceitunas 1-2-3t-4t-5t-6t-8-10t-11t
Fruta natural y pan blanco e integral 1
Fish and rice stew
Breaded veal cutlet 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

Macarrones integrales a la boloñesa con queso 1-2-3t
Muslitos de pollo con cebolla y pimiento verde
Yogurt y pan blanco e integral 1-2
Brown macaroni 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
Tortilla de calabacín 3
Fruta natural y pan blanco e integral 1
White beans with potato, chorizo, tomato, and carrot
Zucchini omelet
Fresh fruit and white and whole wheat bread
760 Kcal/ 33.5 Gr/ 24.2 Prot/ 85.4 HC

Caracolas integrales (pasta) con bechamel 1-2-3t
Merluza Orly con berenjena 1-3-4
Yogurt y pan blanco e integral 1-2
Brown pasta shells with béchamel sauce
Orly hake with eggplant
Yogurt and white and whole-wheat bread
750 Kcal/ 33 Gr/ 24 Prot/ 79 HC

Macarrones integrales con salsa de tomate 1-3t
Cinta de lomo a la plancha con arroz ecológico salteado
Fruta natural y pan blanco e integral 1
Wholemeal macaroni 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 fideos ecológicos 1-3t
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1
Stew soup with organic noodles
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
Croquetas de jamón 1-2-3t-4t-5t-6t-8t-10t-11t
Hamburguesa mixta/ Pizza 1-2-3t-4t-8-10t-11t-13
Flan 2-3
1053 Kcal/ 55 Gr/ 34 Prot/ 97 HC