

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
<p>2</p> <p>Macarrones integrales con salsa de tomate y queso 1-2-3t Pechuga de pollo con cous cous 1-8t-11t Fruta natural y pan blanco e integral 1</p> <p>Whole wheat pasta with tomato sauce and cheese Chicken filet with couscous Fresh fruit and whole wheat bread 548 Kcal/ 18.5 Gr/ 23.2 Prot/ 68.4 HC</p>	<p>3</p> <p>Puré de legumbres con picatostes 1-2-10 Merluza a la andaluza con patata vapor 1-4 Fruta natural y pan blanco e integral 1</p> <p>Legume purée with croutons Hake Andalusian style with steamed potatoes Fresh fruit and white and wholemeal bread 495 Kcal/ 24.5 Gr/ 21.2 Prot/ 37.4 HC</p>	<p>4</p> <p>Arroz con zanahoria, judías verdes, guisantes y espinacas Ragout de pollo con salsa toledana Fruta natural y pan blanco e integral 1</p> <p>Rice with carrots, green beans, peas, and spinach Chicken ragout with Toledo sauce Fresh fruit and white and whole-wheat bread 345 Kcal/ 12.5 Gr/ 16.2 Prot/ 31.4 HC</p>	<p>5</p> <p>Patatas estofadas con tomate y pimiento Abadejo al horno con zanahoria baby rehogada 4 Fruta natural y pan blanco e integral 1</p> <p>Stewed potatoes with tomato and pepper Baked pollock with sautéed baby carrots Fresh fruit and white and whole-wheat bread 443 Kcal/ 16.5 Gr/ 24.2 Prot/ 45.4 HC</p>	<p>6</p> <p>Sopa de ave con estrellitas 1-3t-8t-11t Complemento de cocido con garbanzos, ternera, zanahoria, patata y repollo Yogurt y pan blanco e integral 1-2</p> <p>Chicken soup with -shaped pasta Side dish with chickpeas, beef, carrot, potato, and cabbage Yogurt and white and whole-wheat bread 502 Kcal/ 17 Gr/ 19 Prot/ 57 HC</p>
<p>9</p> <p>Lentejas con verduras 1t Tortilla de calabacín con loncha de queso 2-3 Fruta natural y pan blanco e integral 1</p> <p>Lentils with vegetables Zucchini omelet with a slice of cheese Fresh fruit and white and whole-wheat bread 411 Kcal/ 14.5 Gr/ 14.2 Prot/ 48.4 HC</p>	<p>10</p> <p>Judías verdes rehogadas con patata hervida Pollo asado con verduras Fruta natural y pan blanco e integral 1</p> <p>Stewed green beans with boiled potatoes Roast chicken with vegetables Fresh fruit and white and whole-wheat bread 312 Kcal/ 14.5 Gr/ 21.2 Prot/ 22.4 HC</p>	<p>11</p> <p>Fideuá con verdura 1-3t-8t-11t Salmón al horno en salsa con quinoa 4 Fruta natural y pan blanco e integral 1</p> <p>Fideuá with vegetables Baked salmon in sauce with quinoa Fresh fruit and white and whole-wheat bread 527 Kcal/ 22.8 Gr/ 15.2 Prot/ 34.7 HC</p>	<p>12</p> <p>Sopa de ave con fideos integrales y huevo duro (sin jamón) 1-3 Albóndigas de ternera con zanahoria y guisantes Fruta natural y pan blanco e integral 1</p> <p>Minced meat soup with whole-wheat noodles and hard-boiled egg (without ham) Beef meatballs with carrots and peas Fresh fruit and white and whole-wheat bread 513 Kcal/ 25.5 Gr/ 15.2 Prot/ 46.4 HC</p>	<p>13</p> <p>Alubias ecológicas con zanahoria y cebolla Merluza a la andaluza con patata vapor 1-4 Yogurt y pan blanco e integral 1-2</p> <p>Organic beans with carrot, and onion Andalusian-style hake with steamed potatoes Yogurt and white and whole-wheat bread 468 Kcal/ 23 Gr/ 26 Prot/ 25 HC</p>
<p>16</p> <p>Crema de verduras 10 Ragout de pollo en salsa con patata panadera Fruta natural y pan blanco e integral 1</p> <p>Vegetable cream Chicken ragout in sauce with roasted potatoes Fresh fruit and whole wheat bread 385 Kcal/ 11.5 Gr/ 11.2 Prot/ 28.4 HC</p>	<p>17</p> <p>DÍA DE LA COMUNIDAD DE MADRID Sopa de ave con fideos integrales 1-3t</p> <p>Complemento de cocido madrileño con garbanzos, ternera, zanahoria, patata y repollo</p> <p>Fruta n. y pan blanco e integral 1</p>  <p>595 Kcal/ 14.5 Gr/ 15.2 Prot/ 65.4 HC</p>	<p>18</p> <p>Arroz con salsa de tomate Caballa en aceite con calabacín 4 Fruta natural y pan blanco e integral 1</p> <p>Rice with tomato sauce Mackerel in oil with zucchini Fresh fruit and white and whole-wheat bread 645 Kcal/ 39.5 Gr/ 13.2 Prot/ 55.4 HC</p>	<p>19</p> <p>Coliflor con patata, cebolla y zanahoria Filete de pollo con champiñón Fruta natural y pan blanco e integral 1</p> <p>Cauliflower with potato, onion, and carrot Chicken filet with mushrooms Fresh fruit and white and whole-wheat bread 366 Kcal/ 13.5 Gr/ 10.2 Prot/ 23.4 HC</p>	<p>20</p> <p>Lentejas estofadas con verduras 1t Tortilla francesa con loncha de queso 2-3 Yogurt y pan blanco e integral 1-2</p> <p>Stewed lentils with and vegetables French omelet with cheese Yogurt and white and whole-wheat bread 426 Kcal/ 24.5 Gr/ 24.3 Prot/ 29 HC</p>
<p>23</p> <p>Crema de calabacín, calabaza y apio 10 Ventresca de merluza con zanahoria baby y patata asada 4 Fruta natural y pan blanco e integral 1</p> <p>Cream of zucchini, pumpkin and celery soup Hake belly with baby carrots and roasted potato Fresh fruit and whole-wheat bread 392 Kcal/ 11.5 Gr/ 10.2 Prot/ 31.4 HC</p>	<p>24</p> <p>Espeguetis integrales con salsa de tomate 1-3t Filete ruso de pollo con verduras 1-3 Fruta natural y pan blanco e integral 1</p> <p>Whole wheat spaghetti with tomato sauce Russian chicken steak with vegetables Fresh fruit and white and whole-wheat bread 521 Kcal/ 24.5 Gr/ 17.2 Prot/ 49.4 HC</p>	<p>25</p> <p>Judías blancas ecológicas con zanahoria y guisantes Tortilla de patata con loncha de queso 2-3 Fruta natural y pan blanco e integral 1</p> <p>Organic white beans with carrots, and peas Potato omelet with a slice of cheese Fresh fruit and white and whole-wheat bread 376 Kcal/ 15.5 Gr/ 10.2 Prot/ 35.4 HC</p>	<p>26</p> <p>Pisto manchego con huevo rallado 3 Pollo asado a la cazadora Fruta natural y pan blanco e integral 1</p> <p>Manchego-style ratatouille with grated egg Pollo asado a la cazadora Fresh fruit and white and whole-wheat bread 362 Kcal/ 14.5 Gr/ 13.2 Prot/ 22.4 HC</p>	<p>27</p> <p>Patatas estofadas con tomate y pimiento Tacos de caella con loncha de queso 2-4 Yogurt y pan blanco e integral 1-2</p> <p>Stewed potatoes with tomato and pepper Dogfish tacos with a slice of cheese Yogurt and white and whole-wheat bread 451 Kcal/ 18.5 Gr/ 30.2 Prot/ 42.4 HC</p>

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



¡Queridos amigos!

Vamos a conocer la gastronomía de nuestro país. Cada mes descubriremos una comunidad diferente.

¡Esperemos que sea de vuestro agrado!

