

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
1 Regresamos	2 Se servirá ensalada como entrante Todos los días del curso escolar	3	4 	5
8 Macarrones con atún, tomate y queso 1-2-4 Merluza a la andaluza con ensalada 1-4 Fruta y pan blanco e integral 🍂 T1 <i>Macaroni with tuna, tomato and cheese Hake Andalusian style with salad Fruit and white and whole wheat bread</i> 862 Kcal/ 29.8 Gr/ 493 Prot/ 95.5 HC	9 Judías pintas con arroz Abadejo a la plancha con menestra de verdura 4 Fruta y pan blanco e integral 🍂 T1 <i>Pinto beans with rice Grilled haddock with vegetable stew Fruit and white and whole wheat bread</i> 779 Kcal/ 27.9 Gr/ 33.4 Prot/ 93.4 HC	10 Arroz caldoso con verduras Tortilla de calabacín con ensalada 3 Fruta y pan blanco e integral 🍂 T1 <i>vegetable rice stew Zucchini omelet with salad Fruit and white and whole wheat bread</i> 850 Kcal/ 30.3 Gr/ 23.3 Prot/ 119.1 HC	11 Pure de calabaza con picatostes1 Baritas de merluza al horno con ensalada 1-2t-3t-4-5t-6t-8t-10t-11t-13t Fruta natural y pan blanco e integral 🍂 T <i>Pumpkin puree with croutons hake sticks with salad Natural fruit and white and whole wheat bread</i> 605 Kcal/ 20.29 Gr/ 15.1 Prot/ 87.3 HC	12 Sopa de verduras con fideos ecológicos 🍃 1-3t Complemento de garbanzos, verdura y queso fresco 2 Yogurt natural con trozos de fruta y pan blanco e integral1-2 <i>Organic noodle soup Complement of chickpeas, j and vegetables. Natural yogurt with pieces of fruit and white and whole wheat bread.</i> 862 Kcal/ 30.4 Gr/ 32.8 Prot/ 94.7 HC
15 Lentejas con verduras 1t Abadejo con salsa de tomate cebolla y pimiento 4 Fruta y pan blanco e integral 🍂 T1 <i>Lentils with vegetables Haddock with tomato, onion and bell pepper sauce Fruit and white and whole wheat bread</i> 703 Kcal/ 27.5 Gr/ 36.6 Prot/ 75.3 HC	16 Pure de calabaza, calabacín y puerro con picatostes 1 Tortilla de queso con ensalada 3 Fruta y pan blanco e integral 🍂 T1 <i>Pureed pumpkin, zucchini and leek with croutons Cheese omelette with salad Fruit and white and whole wheat bread</i> 786 Kcal/ 32.3 Gr/ 21.5 Prot/ 91.5 HC	17 Pasta ecológica a la carbonara sin carne 🍃 1-2 Hamburguesa de pescado con ensalada1-2-3-4-5t-6t-8-13t Fruta y pan blanco e integral 🍂 T 1Organic Pasta Carbonara Fish burger with salad Fruit and white and whole wheat bread 924 Kcal/ 21.9 Gr/ 46.7 Prot/ 119.3 HC	18 Ollita eldense de verduras Tortilla de calabacín con berenjena 3 Fruta y pan blanco e integral 🍂 T1 <i>Ollita eldense of vegetables Zucchini omelette with eggplant Fruit and white and wholemeal bread</i> 965 Kcal/ 32.6 Gr/ 37.2 Prot/ 127.9 HC	19 Sopa de verduras Ventresca de merluza con menestra de verdura4 Yogurt natural con trozos de fruta y pan blanco e integral 🍂 1-2 <i>Vegetable soup Hake belly with vegetable stew Natural yogurt with pieces of fruit and white and whole wheat bread</i> 786 Kcal/ 27.4 Gr/ 25.3 Prot/ 44.4 HC
22 Arroz caldoso de pescado 4 Tortilla de patata con pisto manchego 3 Fruta y pan blanco e integral 🍂 T1 <i>Fish rice with broth Potato omelette with pisto manchego (ratatouille) Fruit and white and whole wheat bread</i> 905 Kcal/ 35.9 Gr/ 28.8 Prot/ 123.6 HC	23 Espagueti a con tomate, atún y queso 1-4 Merluza al horno en salsa verde 4 Fruta y pan blanco e integral 🍂 T1 <i>Spaghetti with tomato and tuna Baked hake in green sauce Fruit and white and whole wheat bread</i> 887 Kcal/ 35.3 Gr/ 26.8 Prot/ 106.4 HC	24 Crema de calabacín y puerro Abadejo en salsa 4 Fruta y pan blanco e integral 🍂 T1 <i>Cream of zucchini and leek soup Haddock with sauce Fruit and white and whole wheat bread</i> 924 Kcal/ 21.9 Gr/ 46.7 Prot/ 119.3 HC	25 Sopa de verdura con fideos ecológicos 🍃 1 Complemento de garbanzos verduras y queso fresco 2 Fruta y pan blanco e integral 🍂 T1 <i>Organic noodle soup Complement of chickpeas,vegetables and fresh cheese Fruit and white and whole wheat bread</i> 862 Kcal/ 30.4 Gr/ 32.8 Prot/ 94.7 HC	26 Lentejas con verduras 1t Halibut al horno con salsa de verduras 4 Yogurt natural con trozos de fruta y pan blanco e integral 🍂 T1-2Lentils with vegetables <i>Baked fish with vegetables sauce Natural yogurt with pieces of fruit and white and whole wheat bread</i> 698 Kcal/ 31.7 Gr/ 27.1 Prot/ 78 HC
29 Crema de calabacín, guisantes y calabaza con picatostes1 Hamburguesa de pescado con rodaja de tomate, cebolla y lechuga 1-2-3-4-5t-6t-8-13tFruta y pan blanco e integral 🍂 T1 <i>Cream of zucchini, pea and pumpkin soup with croutons Fish burger with tomato, onion and lettuce slices Fruit and white and whole wheat bread</i> 673 Kcal/ 27.5 Gr/ 36.2 Prot/ 86.9 HC	30 Alubias blancas con puerro, zanahoria y patata Merluza al horno salsa de verduras 4 Fruta y pan blanco e integral 🍂 T1 <i>White beans with leek, carrots and potatoes Baked hake with vegetable sauce Fruit and white and whole wheat bread</i> 739 Kcal/ 29.9 Gr/ 28.8 Prot/ 81.5 HC	31 Tallarines caldosos con tomate y atún 1-4 Tortilla de queso con ensalada 2-3 Fruta y pan blanco e integral T1 <i>Tagliatelle with tomatoes and tuna Cheese omelet with salad Fruit and white and whole wheat bread</i> 852 Kcal/ 33.5 Gr/ 28.4 Prot/ 106.6 HC		 T Temporada 🍂 Integral 🍃 Ecológico 🍃 Georgia S.G – Dpto. Nutrición