



LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
1	2	3	4	5
 <p>Regresamos</p>	<p>Se servirá ensalada como entrante</p> <p>Todos los días del curso escolar</p>			
8	9	10	11	12
<p>Macarrones a la boloñesa con queso 1-2-3t</p> <p>Merluza a la andaluza con ensalada 1-4</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Macaroni Bolognese with cheese Hake Andalusian style with salad Fruit and white and whole wheat bread</p> <p>863 Kcal/ 32.2 Gr/ 40.1 Prot/ 101.1 HC</p>	<p>Judías pintas con arroz</p> <p>Contra muslo de pollo con menestra de verdura</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Pinto beans with rice Against chicken thigh with vegetable stew Fruit and white and whole wheat bread</p> <p>641 Kcal/ 23.3 Gr/ 32.7 Prot/ 86.4 HC</p>	<p>Arroz caldoso de pavo y verduras</p> <p>Tortilla de calabacín con ensalada 3</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Turkey and vegetable rice stew Zucchini omelet with salad Fruit and white and whole wheat bread</p> <p>850 Kcal/ 30.3 Gr/ 23.3 Prot/ 119.1 HC</p>	<p>Pure de calabaza con picatostes 1</p> <p>Lomo adobado con ensalada</p> <p>Fruta natural y pan blanco e integral 🍌 T</p> <p>1Pumpkin puree with croutons Marinated loin with salad Natural fruit and white and whole wheat bread</p> <p>599 Kcal/ 25.9 Gr/ 18 Prot/ 71.5 HC</p>	<p>Sopa de fideos ecológicos 🌿 1-3t</p> <p>Complemento de garbanzos, carne y verdura</p> <p>Yogurt natural con trozos de fruta y pan blanco e integral 1-2</p> <p>Organic noodle soup Complement of chickpeas, meat and vegetables. Natural yogurt with pieces of fruit and white and whole wheat bread.</p> <p>862 Kcal/ 30.4 Gr/ 32.8 Prot/ 94.7 HC</p>
15	16	17	18	19
<p>Lentejas con verduras 1t</p> <p>Abadejo con salsa de tomate cebolla y pimiento 4</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Lentils with vegetables Haddock with tomato, onion and bell pepper sauce Fruit and white and whole wheat bread</p> <p>703 Kcal/ 27.5 Gr/ 36.6 Prot/ 75.3 HC</p>	<p>Pure de calabaza, calabacín y puerro con picatostes 1</p> <p>Ragout de pollo en salsa</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Pureed pumpkin, zucchini and leek with croutons Chicken ragout in sauce Fruit and white and whole wheat bread.</p> <p>682 Kcal/ 24 Gr/ 28 Prot/ 86.5 HC</p>	<p>Pasta ecológica a la carbonara con pavo 🌿 1-2</p> <p>Hamburguesa de pescado con ensalada 1-2-3-4-5t-6t-8-13t</p> <p>Fruta y pan blanco e integral 🍌 T</p> <p>1Organic Pasta Carbonara with turkey Fish burger with salad Fruit and white and whole wheat bread</p> <p>924 Kcal/ 21.9 Gr/ 46.7 Prot/ 119.3 HC</p>	<p>Ollica eldense de verduras</p> <p>Tortilla de calabacín con berenjena 3</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Ollicaeldense of vegetables Zucchini omelette with eggplant Fruit and white and wholemeal bread</p> <p>965 Kcal/ 32.6 Gr/ 37.2 Prot/ 127.9 HC</p>	<p>Sopa de picadillo 3</p> <p>Ventresca de merluza con menestra de verdura 4</p> <p>Yogurt natural con trozos de fruta y pan blanco e integral 🍌 1-2</p> <p>Minced meat soup Hake belly with vegetable stew Natural yogurt with pieces of fruit and white and whole wheat bread</p> <p>Kcal-685 / Lip-28 / Prot-15 / HC-52</p>
22	23	24	25	26
<p>Arroz caldoso de pescado 4</p> <p>Tortilla de patata con pisto manchego 3</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Fish rice with broth Potato omelette with pistomanchego (ratatouille) Fruit and white and whole wheat bread</p> <p>905 Kcal/ 35.9 Gr/ 28.8 Prot/ 123.6 HC</p>	<p>Espagueti a la boloñesa con queso 1-3t</p> <p>Merluza al horno en salsa verde 4</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Spaghetti Bolognese Baked hake in green sauce Fruit and white and whole wheat bread</p> <p>957 Kcal/ 40.7 Gr/ 37.6 Prot/ 100.7 HC</p>	<p>Crema de calabacín y puerro con picatostes</p> <p>Contramuslos de pollo en salsa</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Cream of zucchini and leek soup Chicken breast in sauce Fruit and white and whole wheat bread</p> <p>694 Kcal/ 23.8 Gr/ 30.4 Prot/ 87.5 HC</p>	<p>Sopa de cocido con fideos ecológicos y garbanzos 🌿 1-3t</p> <p>Pelota alicantina 1-3</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Stew soup with ecological noodles and chickpeas Alicante ball Fruit and white and whole wheat bread</p> <p>1023 Kcal/ 37.2 Gr/ 44.1 Prot/ 124.8 HC</p>	<p>Lentejas con verduras 1t</p> <p>Halibut al horno con salsa de verduras 4</p> <p>Yogurt natural con trozos de fruta y pan blanco e integral 🍌 T1-2</p> <p>Lentils with vegetables Baked fish with vegetables sauce Natural yogurt with pieces of fruit and white and whole wheat bread</p> <p>821 Kcal/ 38.2 Gr/ 36.4 Prot/ 63.2 HC</p>
29	30	31		
<p>Crema de calabacín, guisantes y calabaza con picatostes 1</p> <p>Hamburguesa de pollo con rodaja de tomate, cebolla y lechuga 1-8-13</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>Cream of zucchini, pea and pumpkin soup with croutons Chicken burger with tomato, onion and lettuce slices Fruit and white and whole wheat bread</p> <p>806 Kcal/ 39 Gr/ 39 Prot/ 71.2 HC</p>	<p>Alubias blancas con puerro, zanahoria y patata</p> <p>Merluza al horno salsa de verduras 4</p> <p>Fruta y pan blanco e integral 🍌 T1</p> <p>White beans with leek, carrots and potatoes Baked hake with vegetable sauce Fruit and white and whole wheat bread</p> <p>739 Kcal/ 29.9 Gr/ 28.8 Prot/ 81.5 HC</p>	<p>Tallarines caldosos con tomate y atún 1-4</p> <p>Tortilla de queso con ensalada 2-3</p> <p>Fruta y pan blanco e integral T1</p> <p>Tagliatelle with tomatoes and tuna Cheese omelet with salad Fruit and white and whole wheat bread</p> <p>852 Kcal/ 33.5 Gr/ 28.4 Prot/ 106.6 HC</p>		<p>T Temporada 🍌 Integral 🌿 Ecológico</p> <p></p> <p>Giorgia S.G – Dpto. Nutrición</p>