


LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNESFRIDAY
<p><b>El menú diario se servirá como entrante con ensalada</b></p> 	 <p><i>Gloria S.G – Dpto. Nutrición</i></p>	<p><b>1</b></p> <p><b>FESTIVO</b></p>	<p><b>2</b></p> <p>Crema de calabacín y puerro con picatostes <b>1</b> Merluza al horno con salsa verde <b>4</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>Cream of zucchini and leek soup with croutons Baked hake in green sauce Natural fruit and white and whole wheat bread</i></p> <p>575 Kcal/ 27.4 Gr/ 24.3 Prot/ 56.2 HC</p>	<p><b>3</b></p> <p>Sopa de verduras con fideos ecológicos <b>1</b> Complemento de garbanzos, verduras y queso fresco <b>2</b> Yogurt y pan blanco e integral <b>1-2</b></p> <p><i>Vegetables soup with organic noodles Complement of chickpeas, vegetables and fresh cheese Natural fruit and white and whole wheat bread</i></p> <p>753 Kcal/ 29.5 Gr/ 28.2 Prot/ 64.3 HC</p>
<p><b>6</b></p> <p>Lentejas con verduras <b>1t</b> Halibut al horno con salsa de verdura <b>4</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>Lentils with vegetables Halibut with vegetables Natural fruit and white and whole wheat bread</i></p> <p>569 Kcal/ 20.5 Gr/ 30.1 Prot/ 64.4 HC</p>	<p><b>7</b></p> <p>Crema de calabacín guisantes y calabaza con picatostes <b>1</b> Tortilla francesa con tomate, cebolla y lechuga <b>3</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>Cream of zucchini, peas and pumpkin soup with croutons French omelette with tomato, onion and lettuce Natural fruit and white and whole wheat</i></p> <p>616 Kcal/ 16.6 Gr/ 34.6 Prot/ 76.5 HC</p>	<p><b>8</b></p> <p>Alubias blancas con puerro zanahoria y patata Merluza al horno con salsa de verduras <b>4</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>White beans with leek, carrots and potatoes Baked hake with vegetable sauce Natural fruit and white and whole wheat bread</i></p> <p>728 Kcal/ 34 Gr/ 28.7 Prot/ 75.1 HC</p>	<p><b>9</b></p> <p>Tallarines caldosos con tomate y atún <b>1-4</b> Tortilla de queso con berenjena <b>2-3</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>Tuna and tomato tagliatelle with tomato sauce Cheese omelet with salad Natural fruit and white and whole wheat bread</i></p> <p>689 Kcal/ 27.2 Gr/ 22.2 Prot/ 87 HC</p>	<p><b>10</b></p> <p>Hervido de judías verdes, patata y zanahoria Albóndigas de merluza caseras con pimiento, tomate y cebolla <b>1-3t-4</b> Yogurt natural con trozos de fruta y pan blanco e integral <b>1-2</b></p> <p><i>Boiled green beans, potato and carrot stew Hake meatballs with peppers, tomato and onions Natural yogurt with pieces of fruit and white and whole wheat bread</i></p> <p>659 Kcal/ 27.6 Gr/ 20 Prot/ 63.2 HC</p>
<p><b>13</b></p> <p>Estofado de garbanzos Ventresca de merluza con pisto <b>4</b> Fruta y pan blanco en integral <b>1</b></p> <p><i>Chickpea stew Hake belly with ratatouille Fruit and white bread in whole wheat</i></p> <p>725 Kcal/ 31.1 Gr/ 38.9 Prot/ 77.3 HC</p>	<p><b>14</b></p> <p>Puré de calabaza con picatostes <b>1</b> Halibut con menestra <b>4</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Pumpkin puree with croutons Halibut with vegetables Fruit and white and whole wheat bread</i></p> <p>529 Kcal/ 27.6 Gr/ 21 Prot/ 57.4 HC</p>	<p><b>15</b></p> <p>Alubias blancas con verdura Merluza al horno con tomate y calabacín <b>4</b> Fruta y pan <b>1</b></p> <p><i>White beans with vegetables Baked hake with tomato and courgetti Fruit and bread</i></p> <p>630 Kcal/ 26 Gr/ 27.7 Prot/ 68.6 HC</p>	<p><b>16</b></p> <p>Tallarines ecológicos caldosos con tomate y atún <b>1-4</b> Tortilla de patata con berenjena <b>3</b> Fruta y pan <b>1</b></p> <p><i>Organic tagliatelle with tomato and tuna Potato omelette with aubergine Fruit and bread</i></p> <p>724 Kcal/ 22.4 Gr/ 26.8 Prot/ 102 HC</p>	<p><b>17</b></p> <p>Lentejas estofadas con verdura <b>1t</b> Caballa en aceite con queso fresco <b>2-4</b> Yogurt natural con trozos de fruta y pan <b>1-2</b></p> <p><i>Stewed lentils with vegetables Mackerel in oil with fresh cheese Fresh fruit and bread</i></p> <p>816 Kcal/ 49.2 Gr/ 31.2 Prot/ 42.9 HC</p>
<p><b>20</b></p> <p>Arroz ecológico con tomate y huevo <b>3</b> Halibut con menestra <b>4</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Organic rice with tomato and grated egg Halibut with vegetables Natural yoghurt with pieces of fruit and white and wholemeal bread</i></p> <p>889 Kcal/ 32.1 Gr/ 26.8 Prot/ 113.6 HC</p>	<p><b>21</b></p> <p>Macarrones con tomate, atún y queso <b>1-2-4</b> Merluza PBO en salsa con de verduritas (salsa naranja) <b>4</b> Fruta y pan <b>1</b></p> <p><i>Macaroni with tomato, tuna and cheese Hake PBO with vegetables sauce (orange sauce) Fruit and bread</i></p> <p>826 Kcal/ 32.8 Gr/ 29.6 Prot/ 55.5 HC</p>	<p><b>22</b></p> <p>Judías pintas con arroz Abadejo al horno con salsa de tomate <b>4</b> Fruta y pan blanco e integral <b>1-2-4</b></p> <p><i>Pinto beans with rice Baked haddock with tomato sauce Fruit and white and wholemeal bread</i></p> <p>672 Kcal/ 26.2 Gr/ 33.1 Prot/ 74.1 HC</p>	<p><b>23</b></p> <p>Hervido de brócoli, patata zanahoria y huevo cocido <b>3</b> Albóndigas de merluza caseras con pimiento, tomate y cebolla <b>1-3t-4</b> Fruta natural y pan blanco e integral <b>1</b></p> <p><i>Broccoli, potato, carrot and boiled egg boil Hake meatballs with peppers, tomato and onions Natural fruit and white and whole wheat bread</i></p> <p>598 Kcal/ 24.8 Gr/ 25.6 Prot/ 76.3 HC</p>	<p><b>24</b></p> <p>Sopa de verduras con fideos ecológicos <b>1</b> Complemento de garbanzos, verduras y queso fresco <b>2</b> Yogurt natural con trozos de fruta y pan blanco e integral <b>1-2</b></p> <p><i>Vegetables soup with organic noodles Complement of chickpeas, vegetables and fresh cheese Natural yoghurt with pieces of fruit and white and wholemeal bread</i></p> <p>753 Kcal/ 29.5 Gr/ 28.2 Prot/ 64.3 HC</p>
<p><b>27</b></p> <p>Lentejas con verduras <b>1t</b> Abadejo con salsa de tomate, cebolla y pimiento <b>4</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Lentils with vegetables Haddock with tomato, onion and pepper sauce Fruit and white and wholemeal bread</i></p> <p>645 Kcal/ 26.6 Gr/ 34.7 Prot/ 64.9 HC</p>	<p><b>28</b></p> <p>Pure de calabaza, calabacín y puerro con picatostes <b>1</b> Tortilla de patata con queso <b>2-3</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Spaghetti bolognese with cheese Potato omelette with cheese Fruit and white and wholemeal bread</i></p> <p>533 Kcal/ 27.2 Gr/ 20.5 Prot/ 59.8 HC</p>	<p><b>29</b></p> <p>Pasta ecológica a la carbonara con atún <b>1-2-4</b> Halibut con salsa de verduras <b>4</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Organic Pasta Carbonara with turkey Halibut with vegetables Fruit and white and whole wheat bread</i></p> <p>867 Kcal/ 21 Gr/ 45.1 Prot/ 108.9 HC</p>	<p><b>30</b></p> <p>Ollica eldense de verdura Tortilla de calabacín con berenjena <b>3</b> Fruta y pan blanco e integral <b>1</b></p> <p><i>Ollica eldense of vegetables Zucchini omelette with eggplant Fruit and white and whole wheat bread</i></p> <p>816 Kcal/ 27.1 Gr/ 25.7 Prot/ 47.5 HC</p>	<p><b>31</b></p> <p>Sopa de verduras con huevo <b>3</b> Ventresca de merluza con verduras <b>4</b> Yogurt natural con trozos de fruta y pan blanco e integral <b>1-2</b></p> <p><i>Vegetables soup with egg Hake belly with vegetables Natural yogurt with pieces of fruit and white and whole wheat bread</i></p> <p>710 Kcal/ 29 Gr/ 33.2 Prot/ 58.8 HC</p>