



LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
<p>El menú diario se servirá como entrante con ensalada</p> 	 <p>Giorgia S.G – Dpto. Nutrición</p>	<p>1</p> <p>FESTIVO</p>	<p>2</p> <p>Crema de calabacín y puerro con picatostes 1            Contramuslo de pollo en salsa            Fruta natural y pan blanco e integral 1</p> <p><i>Cream of zucchini and leek soup with croutons            Chicken breast in sauce            Natural fruit and white and whole wheat bread</i></p> <p>560 Kcal/ 24.4 Gr/ 24.3 Prot/ 59.3 HC</p>	<p>3</p> <p>Sopa de cocido con fideos ecológicos y garbanzos 1            Pelota alicantina 1-3            Yogurt y pan blanco e integral 1-2</p> <p><i>Stew soup with organic noodles and chickpeas            Alicante ball            Natural fruit and white and whole wheat bread</i></p> <p>804 Kcal/ 29.5 Gr/ 31.2 Prot/ 84.3 HC</p>
<p>6</p> <p>Lentejas con verduras 1t            Pescado al horno con salsa de verdura 4            Fruta natural y pan blanco e integral 1</p> <p><i>Lentils with vegetables            Baked fish with vegetable sauce            Natural fruit and white and whole wheat bread</i></p> <p>569 Kcal/ 20.5 Gr/ 30.1 Prot/ 64.4 HC</p>	<p>7</p> <p>Crema de calabacín guisantes y calabaza con picatostes 1            Hamburguesa de pollo, tomate, cebolla y lechuga 1-8-13            Fruta natural y pan blanco e integral 1</p> <p><i>Cream of zucchini, peas and pumpkin soup with croutons            Chicken, tomato, onion and lettuce burger            Natural fruit and white and whole wheat bread</i></p> <p>748 Kcal/ 38.4 Gr/ 38.1 Prot/ 60.8 HC</p>	<p>8</p> <p>Alubias blancas con puerro zanahoria y patata            Merluza al horno con salsa de verduras 4            Fruta natural y pan blanco e integral 1</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>9</p> <p>Tallarines caldosos con tomate y atún 1-4            Tortilla de queso con berenjena 2-3            Fruta natural y pan blanco e integral 1</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>10</p> <p>Hervido de judías verdes, patata y zanahoria            Albóndigas a la jardinera con pimiento, tomate y cebolla 8            Yogurt natural con trozos de fruta y pan blanco e integral 1-2</p> <p><i>Boiled green beans, potato and carrot stew            Meatballs with peppers, tomatoes and onions            Natural yogurt with pieces of fruit and white and whole wheat bread</i></p> <p>726 Kcal/ 38.5 Gr/ 30.3 Prot/ 45.4 HC</p>
<p>13</p> <p>Estofado de garbanzos            Ventresca de merluza con pisto 4            Fruta y pan blanco e integral 1</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>14</p> <p>Puré de calabaza con picatostes 1            Lomo adobado verdura            Fruta y pan blanco e integral 1</p> <p><i>Pumpkin puree with croutons            Marinated pork loin            Fruit and white and whole wheat bread</i></p> <p>538 Kcal/34.1 Gr/ 42.9 Prot/ 77.6 HC</p>	<p>15</p> <p>Alubias blancas con verdura y magro            Merluza al horno con tomate y calabacín 4            Fruta y pan 1</p> <p><i>White beans with vegetables and lean meat            Baked hake with tomato and courgetti            Fruit and bread</i></p> <p>642 Kcal/ 26 Gr/ 31.7 Prot/ 68.6 HC</p>	<p>16</p> <p>Tallarines ecológicos caldosos con tomate y atún 1-4            Tortilla de patata con berenjena 3            Fruta y pan 1</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>17</p> <p>Lentejas estofadas con verdura 1t            Caballa en aceite con queso fresco 2-4            Yogurt natural con trozos de fruta y pan 1-2</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>20</p> <p>Arroz ecológico con tomate y huevo 3            Contramuslo de pollo en salsa con menestra            Fruta y pan blanco e integral 1</p> <p><i>Organic rice with tomato and grated egg            Chicken breast in sauce with vegetable stew            Natural yoghurt with pieces of fruit and white and wholemeal bread</i></p> <p>727 Kcal/ 24.2 Gr/ 30.7 Prot/ 87.8 HC</p>	<p>21</p> <p>Macarrones a la boloñesa con queso 1-2-3t            Merluza PBO en salsa con de verduritas (salsa naranja) 4            Fruta y pan 1</p> <p><i>Macaroni Bolognese with cheese            Hake PBO with vegetables sauce (orange sauce)            Fruit and bread</i></p> <p>870 Kcal/ 39.8 Gr/ 30.6 Prot/ 55.5 HC</p>	<p>22</p> <p>Judías pintas con arroz            Abadejo al horno con salsa de tomate 4            Fruta y pan blanco e integral 1</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>23</p> <p>Hervido de brocoli, patata zanahoria y huevo cocido 3            Albóndigas a la jardinera con pimiento, tomate y cebolla 8            Fruta natural y pan blanco e integral 1</p> <p><i>Broccoli, potato, carrot and boiled egg boil            Meatballs with peppers, tomatoes and onions            Natural fruit and white and whole wheat bread</i></p> <p>582 Kcal/ 26.3 Gr/ 29.8 Prot/ 54.7 HC</p>	<p>24</p> <p>Sopa de fideos ecológicos 1-3t            Complemento de garbanzos, carne y verdura            Yogurt natural con trozos de fruta y pan blanco e integral 1-2</p> <p><i>Picadillo soup w/ ham and chopped egg            Hake belly with vegetable stew            Natural yoghurt with pieces of fruit and white and wholemeal bread</i></p> <p>725 Kcal/ 34.7 Gr/ 27.6 Prot/ 73.8 HC</p>
<p>27</p> <p>Lentejas con verduras 1t            Abadejo con salsa de tomate, cebolla y pimiento 4            Fruta y pan blanco e integral 1</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>28</p> <p>Pure de calabaza, calabacín y puerro con picatostes 1            Ragout de pollo en salsa            Fruta y pan blanco e integral 1</p> <p><i>Spaghetti bolognese with cheese            Hake baked in green sauce            Fruit and white and wholemeal bread</i></p> <p>553 Kcal/ 24.3 Gr/ 21.3 Prot/ 60.6 HC</p>	<p>29</p> <p>Pasta ecológica a la carbonara con pavo 1-2            Halibut con salsa de verduras 4            Fruta y pan blanco e integral 1</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>30</p> <p>Ollica eldense de verdura            Tortilla de calabacín con berenjena 3            Fruta y pan blanco e integral 1</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>31</p> <p>Sopa de picadillo 3            Ventresca de merluza con verduras 4            Yogurt natural con trozos de fruta y pan blanco e integral 1-2</p> <p><i>Minced meat soup            Hake belly with vegetables            Natural yogurt with pieces of fruit and white and whole wheat bread</i></p> <p>710 Kcal/ 29 Gr/ 34.2 Prot/ 58.8 HC</p>