


LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
			1	2
			<p>Estofado de patata y magro con verduras Tortilla francesa con queso 2-3 Fruta y pan 1</p> <p>Potato, lean and vegetable stew French omelette with cheese Fruit and bread</p> <p>770 Kcal/ 29.5 Gr/ 20.8 Prot/ 102.2 HC</p>	<p>Arroz ecológico con tomate y huevo 3 Abadejo rebozado con chips 1-3-4 Yogur y pan 1-2</p> <p>Organic rice with tomato and egg Battered pollock with chips Yogurt and bread</p> <p>825 Kcal/ 51.2 Gr/ 37 Prot/ 94.7 HC</p>
5	6	7	8	9
<p>Arroz caldoso con pavo y verduras Tortilla de patata con berenjenas 3 Fruta y pan 1</p> <p>Soupy rice with turkey and vegetables Potato omelette with eggplant Fruit and bread</p> <p>850 Kcal/ 30.3 Gr/ 23.3 Prot/ 119.1 HC</p>	<p>Macarrones a boloñesa con queso 1-2-3t Merluza a la andaluza con champiñón 1-4 Fruta y pan 1</p> <p>Macaroni Bolognese with cheese Hake Andalusian style with mushrooms Fruit and bread</p> <p>863 Kcal/ 32.2 Gr/ 40.1 Prot/ 101.1 HC</p>	<p>Potaje de garbanzos Contramuslo de pollo con chips Fruta y pan 1</p> <p>Chickpeas stew Chicken thigh with chips Fruit and bread</p> <p>671 Kcal/ 26.2 Gr/ 32.23 Prot/ 74.7 HC</p>	<p>Pure de calabaza con picatostes 1 Lomo adobado con calabacín Fruta natural y pan 1</p> <p>Pumpkin puree with croutons Marinated loin with zucchini Natural fruit and bread</p> <p>600 Kcal/ 25.9 Gr/ 18 Prot/ 71.5 HC</p>	<p>Sopa de fideos ecológicos 1-3t Pelota Alicantina 1-3 Yogurt y pan 1-2</p> <p>Organic noodle soup Alicantina ball Yogurt with bread</p> <p>853 Kcal/ 31.7 Gr/ 45.4 Prot/ 94.6 HC</p>
12	13	14	15	16
<p>Lentejas con verduras y chorizo 1t Tortilla de patata con calabacín 3 Fruta y pan 1</p> <p>Lentils with vegetables and chorizo sausage Potato omelette with zucchini Fruit and bread</p> <p>672 Kcal/ 22.2 Gr/ 25.7 Prot/ 90.3 HC</p>	<p>Pure de calabaza, calabacín y puerro con picatostes 1 Ragout de pollo en salsa con patatas al horno Fruta y pan 1</p> <p>Pureed pumpkin, zucchini and leek with croutons Chicken ragout in sauce with baked potato Fruit and bread</p> <p>610 Kcal/ 25.2 Gr/ 22.9 Prot/ 71 HC</p>	<p>Pasta ecológica a la carbonara con beicon 1-2 Abadejo rebozado con verduras 1-3-4 Fruta y pan 1</p> <p>Pasta Carbonara with bacon Battered pollock with vegetables Fruit and bread</p> <p>855 Kcal/ 32.3 Gr/ 36 Prot/ 104 HC</p>	<p>Ollica de legumbres y verduras Hamburguesa de pollo con berenjena 1-8-13 Fruta y pan 1</p> <p>Ollica with legumes and vegetables Chicken burger with eggplant Fruit and bread</p> <p>921 Kcal/ 45.7 Gr/ 58.5 Prot/ 74.5 HC</p>	<p>Sopa de picadillo 3 Varitas de merluza con champiñón 1-2t-3t-4-5t-6-8t-13t Yogurt y pan 1-2</p> <p>Minced meat soup Battered hake with mushrooms Yogurt with bread</p> <p>945 Kcal/ 34.2 Gr/ 39.5 Prot/ 123.8 HC</p>
19	20	21	22	23
<p>Arroz caldoso de pescado 4 Tortilla de patata con berenjena 3 Fruta y pan 1</p> <p>Fish rice with broth Potato omelette with eggplant Fruit and bread</p> <p>789 Kcal/ 24.3 Gr/ 29.6 Prot/ 110.8 HC</p>	<p>Lasaña de carne 1-2-3t-4t-5t-6t-8 Merluza al horno en salsa verde con champiñón 4 Fruta y pan 1</p> <p>Meat lasagne Baked hake in green sauce with mushrooms Fruit and bread</p> <p>927 Kcal/ 40.7 Gr/ 37.6 Prot/ 100.7 HC</p>	<p>Crema de calabacín y puerro con picatostes 1 Alitas de pollo con calabacín Fruta y pan 1</p> <p>Cream of zucchini and leek with croutons Chicken wings with zucchini Fruit and bread</p> <p>694 Kcal/ 23.8 Gr/ 30.4 Prot/ 87.5 HC</p>	<p>DÍA DE ITALIA</p> <p>Risotto 2 Pizza 1-2-3t-4t-8t-10t-11t-13t Helado 2</p> <p>837 Kcal/35.7 Gr/ 30.4 Prot/ 92.7 HC</p> 	<p>Lentejas con verduras 4t Empanadillas, croquetas y patatas al horno 1-2-2t-3t-4-4t-5t-6t-8t-10t-11t-13 Yogurt y pan 1-2</p> <p>Lentils with vegetables Tuna pasty and ham croquette with backed potato Yogurt with bread</p> <p>767 Kcal/ 39.9 Gr/ 45.7 Prot/ 53 HC</p>
26	27	28	29	
<p>Tallarines con tomate y carne 1 Merluza al horno en salsa con verduras 4 Fruta y pan 1</p> <p>Noodle with tomato and meat Baked hake with vegetable sauce Fruit and bread</p> <p>904 Kcal/ 39.8 Gr/ 33.1 Prot/ 101.6 HC</p>	<p>Crema de calabacín, guisantes y calabaza con picatostes 1 Hamburguesa de pollo con rodaja de tomate 1-8-13 Fruta y pan 1</p> <p>Zucchini, peas and pumpkin puree with croutons Chicken burger with tomato Fruit and bread</p> <p>802 Kcal/ 39.7 Gr/ 40.3 Prot/ 68.8 HC</p>	<p>Alubias con puerros, zanahoria y patatas Tortilla francesa con queso 2-3 Fruta y pan 1</p> <p>White beans with leek, carrot and potato French omelette with cheese Fruit and bread</p> <p>710 Kcal/ 29.3 Gr/ 22.8 Prot/ 86 HC</p>	<p>Patatas a la Riojana Nuggets de pollo con calabacín 1-8-11t Fruta natural y pan 1</p> <p>Potato Riojana style Chicken nuggets with zucchini Fruit and bread</p> <p>751 Kcal/ 29.4 Gr/ 23.5 Prot/ 67.8 HC</p>	

