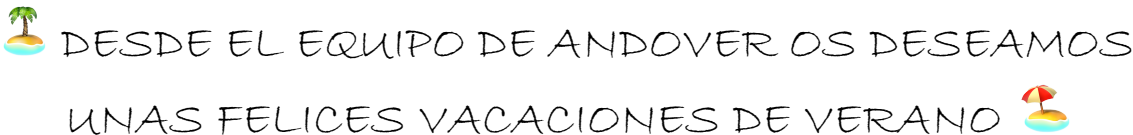


| LUNES/MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                     |  | MARTES/TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | MIÉRCOLES/WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | JUEVES/THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                   |  | VIERNES/FRIDAY                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                                                                                                                                                                                                                                                                                |  | 2                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | 4                                                                                                                                                                                                                                                                                                                                                                                                                 |  | 5                                                                                                                                                                                                                                                                                                                                                                                               |
| <p>Espirales integrales a la boloñesa con queso <b>1-2-3t</b></p> <p>Merluza al horno con ensalada de lechuga y tomate <b>4</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Bolognese whole wheat spirals with cheese</p> <p>Baked hake with lettuce and tomato salad</p> <p>Fresh fruit and wholemeal bread</p> <p>738 Kcal/ 28.5 Gr/ 37.2 Prot/ 77.4 HC</p>                                                   |  | <p>Lentejas ecológicas estofadas con magro de cerdo y verduras <b>1t</b></p> <p>Pollo en su jugo con patatas asadas</p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Stewed organic lentils with pork lean and vegetables</p> <p>Chicken in it's juice with backed potato</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>640 Kcal/ 23.5 Gr/ 45.2 Prot/ 53.4 HC</p>                                                      |  | <p>Ensalada de arroz integral con verduras y atún <b>1-3t-4</b></p> <p>Huevos revueltos con champiñón y ensalada de lechuga, tomate y maíz <b>3</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Whole-wheat rice salad with vegetables and tuna fish</p> <p>Scrambled eggs with mushrooms and a salad of lettuce, tomato and corn</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>726 Kcal/ 31.5 Gr/ 22.2 Prot/ 82.4 HC</p> |  | <p>Alubias blancas con patata</p> <p>Abadejo en salsa de tomate con ensalada de lechuga, tomate y pepino <b>4</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Stewed white beans with potato</p> <p>Pollock in tomato sauce with lettuce, tomato and cucumber salad</p> <p>Fresh fruit and wholemeal bread</p> <p>653 Kcal/ 23.5 Gr/ 37.2 Prot/ 70.4 HC</p>                                      |  | <p>Puré de verduras con huevo rallado y picatostes <b>1-3-10</b></p> <p>Ensalada de garbanzos con verduras salteadas</p> <p>Yogurt natural sin azúcar y pan blanco e integral <b>1-2</b></p> <p>Vegetables puree with gratinated egg and croustons</p> <p>Chickpea salad with sauteed vegetables</p> <p>Plain yogurt and white and whole-wheat bread</p> <p>638 Kcal/ 27 Gr/ 21 Prot/ 72 HC</p> |
| 8                                                                                                                                                                                                                                                                                                                                                                                                                                |  | 9                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | 10                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  | 11                                                                                                                                                                                                                                                                                                                                                                                                                |  | 12                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>Arroz integral 3 delicias con huevo, guisantes y zanahoria <b>3</b></p> <p>Filete de tilapia al horno con ensalada de lechuga, tomate y remolacha <b>4</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Three delights rice with egg, peas and carrot</p> <p>Baked tilapia fillet with lettuce, tomato and beet salad</p> <p>Fresh fruit and wholemeal bread</p> <p>658 Kcal/ 25.5 Gr/ 24.2 Prot/ 79.4 HC</p> |  | <p>Garbanzos estofados con patata y verduras</p> <p>Muslitos de pollo al chilidrón con ensalada de lechuga, tomate y zanahoria rallada</p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Sauteed chickpeas con potato and vegetables</p> <p>Chicken drumsticks in chili sauce with a salad of lettuce, tomato and grated carrot</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>728 Kcal/ 27.5 Gr/ 32.2 Prot/ 77.4 HC</p> |  | <p>Judías verdes rehogadas con jamón</p> <p>Ensalada de alubias con verduras</p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Sauteed green beans with ham</p> <p>White beans salad with vegetables</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>638 Kcal/ 24.5 Gr/ 21.2 Prot/ 72.4 HC</p>                                                                                                                                    |  | <p>Ensalada de macarrones con atún y verduras <b>1-3t-4</b></p> <p>Tortilla francesa con queso y ensalada de lechuga, tomate y maíz <b>2-3</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Macaroni and tuna salad and vegetables</p> <p>French omelet with cheese and a salad of lettuce, tomato and corn</p> <p>Fresh fruit and wholemeal bread</p> <p>752 Kcal/ 36 Gr/ 27.5 Prot/ 75.4 HC</p> |  | <p>Menestra de verduras con huevo hervido <b>3</b></p> <p>Medallón de merluza con patatas al horno <b>4</b></p> <p>Yogurt natural sin azúcar y pan blanco e integral <b>1-2</b></p> <p>Stewed vegetables with boiled egg</p> <p>Hake filet with backed potato</p> <p>Plain yogurt and white and whole-wheat bread</p> <p>681 Kcal/ 42 Gr/ 33 Prot/ 36 HC</p>                                    |
| 15                                                                                                                                                                                                                                                                                                                                                                                                                               |  | 16                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | 17                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  | 18                                                                                                                                                                                                                                                                                                                                                                                                                |  | 19                                                                                                                                                                                                                                                                                                                                                                                              |
| <p>Espaguetis integrales gratinados con nata y queso <b>1-2-3t</b></p> <p>Cinta de lomo con ensalada de lechuga, tomate y pepino</p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Gratinated wholemeal macaroni with cream and cheese</p> <p>Pork loin with lettuce, tomato, and cucumber salad</p> <p>Fresh fruit and white and wholemeal bread</p> <p>662 Kcal/ 24.5 Gr/ 29.2 Prot/ 75.4 HC</p>                    |  | <p>Ensalada campera con verduras, huevo y atún <b>3-4</b></p> <p>Ensalada de garbanzos con verduras</p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Country salad with vegetables, egg and tuna fish</p> <p>Chickpeas salad with vegetables</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>748 Kcal/ 29.5 Gr/ 28.2 Prot/ 82.4 HC</p>                                                                                   |  | <p>Lentejas ecológicas estofadas con verduras <b>1t</b></p> <p>Huevos revueltos con gambas y ensalada de lechuga, tomate y remolacha <b>3-5</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Stewed organic lentils with vegetables</p> <p>Scrambled eggs with prawns and a salad of lettuce, tomato and beetroot</p> <p>Fresh fruit and white and whole-wheat bread</p> <p>643 Kcal/ 30.5 Gr/ 28.2 Prot/ 60.4 HC</p>                  |  | <p>Arroz con verduras</p> <p>Filete de limanda en salsa de verduras con menestra <b>4</b></p> <p>Fruta natural y pan blanco e integral <b>1</b></p> <p>Rice with vegetables</p> <p>Hake filet in green sauce with stewed vegetables</p> <p>Fresh fruit and wholemeal bread</p> <p>628 Kcal/ 23.5 Gr/ 30.2 Prot/ 65.4 HC</p>                                                                                       |  | <p><b>MENÚ ESPECIAL FIN DE CURSO</b></p> <p>Hamburguesa mixta con queso, lechuga y tomate (sin pan) <b>1-8</b></p> <p>Nuggets de pollo con patatas chips <b>1-8-11t</b></p> <p>Yogurt natural sin azúcar y pan blanco e integral <b>1-2</b></p> <p>868 Kcal/ 48 Gr/ 30 Prot/ 73 HC</p>                                                                                                          |
| 22                                                                                                                                                                                                                                                                                                                                                                                                                               |  | 23                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | 24                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  | 25                                                                                                                                                                                                                                                                                                                                                                                                                |  | 26                                                                                                                                                                                                                                                                                                                                                                                              |
|  <p>DESDE EL EQUIPO DE ANDOVER OS DESEAMOS UNAS FELICES VACACIONES DE VERANO</p>                                                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                              |  |                                                                                                                                                                                                                                                                                                                                                                                                 |
| 29                                                                                                                                                                                                                                                                                                                                                                                                                               |  | 30                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | <p>Menú elaborado conforme a las directrices del Real Decreto 315/2025, de 15 de abril, por el que se establecen normas de desarrollo de la Ley 17/2011, de 5 de julio, de seguridad alimentaria y nutrición, para el fomento de una alimentación saludable y sostenible en centros educativos.</p>                                                                                                               |  |                                                                                                                                                                                                                                                                                                                                                                                                 |
|  <p>Giorgia S.G – Dpto. Nutrición</p>                                                                                                                                                                                                                                                                                                          |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                 |