





LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
1	2	3	4	5
FESITVO	FESITVO	FESITVO	FESITVO	FESITVO
8	9	10	11	12
FESTIVO	Judías blancas ecológicas estofadas con zanahoria y patata Lomo al horno con pimientos fritos Fruta natural y pan 1 <i>Stewed organic white beans with carrots and potatoes Baked lean with fried peppers Natural fruit and bread 704 Kcal/ 33.4 Gr/ 23.7 Prot/ 75.4 HC</i>	Tallarines con bacon y tomate 1 Salmón en salsa marinera 1-4-5-6 Fruta natural y pan 1 <i>Bacon and tomato tagliatelle Salmon in marinara sauce Natural fruit and bread 759 Kcal/ 32.9 Gr/ 29.9 Prot/ 86.6 HC</i>	Sopa de cocido 3t Cocido completo Fruta natural y pan 1 <i>Stew soup Complete stew Natural fruit and bread 775 Kcal/ 38.2 Gr/ 31.6 Prot/ 75.3 HC</i>	Crema de calabacín y patata con picatostes 1 Pollo al horno con verduritas gratinadas 2 Fruta natural y pan 1 <i>Cream of courgette and potato soup with croutons Baked chicken with gratin vegetables Fruit and bread 631 Kcal/ 27.6 Gr/ 25.4 Prot/ 68.9 HC</i>
15	16	17	18	19
Lentejas ecológicas estofadas con patatas, zanahoria y pimienta 1t Salchichas de pavo con puré de patata 1-2 Fruta natural y pan 1 <i>Stewed organic lentils with potatoes, carrots and pepper Turkey sausage with mashed potatoes Natural fruit and bread 687 Kcal/ 26.4 Gr/ 27.9 Prot/ 70.2 HC</i>	Paella mixta de magro y verdura Salmon en salsa de tomate 4 Fruta natural y pan 1 <i>Mixed Paella with lean meat and vegetables Salmon in tomato tomato sauce Natural fruit and bread 654 Kcal/ 26 Gr/ 31.9 Prot/ 71.3 HC</i>	Puré de verduras (patata, zanahoria, calabacín y puerro) Ragout de pollo con cachelos Fruta natural y pan 1 <i>Mashed vegetables (potato, carrot, zucchini and leek) Chicken ragout with cachelos (beef with mushrooms) Natural fruit and bread 625 Kcal/ 23.1 Gr/ 26.4 Prot/ 76.1 HC</i>	Espaguetis con salsa de tomate 1 Caballa en aceite con berenjena 4 Fruta natural y pan 1 <i>Spaghetti with tomato sauce Mackerel in oil with aubergine Natural fruit and bread 855 Kcal/ 46.9 Gr/ 22.6 Prot/ 83.3 HC</i>	Estofado de garbanzos con acelgas, zanahoria y huevo duro 3 Tortilla de patata con calabacín 3 Fruta natural y pan 1 <i>Chickpea stew with chard, carrots and hard-boiled egg Potato omelette with courgette Natural fruit and bread 655 Kcal/ 24.2 Gr/ 26.8 Prot/ 81.5 HC</i>
22	23	24	25	26
Puré de calabacín con picatostes 1 Jamoncitos de pollo al horno con pisto Fruta natural y pan 1 <i>Courgette purée with croutons Baked chicken hams with ratatouille Fresh fruit and bread 575 Kcal/ 23.2 Gr/ 35 Prot/ 70.3 HC</i>	Arroz a la cubana 3 Lacón al horno con patatas Fruta natural y pan 1 <i>Cuban rice Lacón baked in the oven with potatoes Fresh fruit and bread 813 Kcal/ 28.4 Gr/ 26.6 Prot/ 106.4 HC</i>	Lentejas ecológicas estofadas c/ chorizo, zanahoria, cebolla y patata 1t-2-8 Filete de caballa natural con salsa de tomate 4 Fruta natural y pan 1 <i>Stewed organic lentils w/ chorizo, carrot, onion and potato Natural mackerel fillet with tomato sauce Fresh fruit and bread 645 Kcal/ 26.6 Gr/ 34.7 Prot/ 64.9 HC</i>	Fideua de verdura y magro 1-3t-8t-11t Tortilla de atún con menestra 3-4 Fruta natural y pan 1 <i>Fideua with vegetables and lean meat Tuna omelette with stew vegetables Fresh fruit and bread 744 Kcal/ 29.3 Gr/ 22.3 Prot/ 96.8 HC</i>	DÍA DE ESTADOS UNIDOS Mac & Cheese 1-2 Pollo rebozado estilo Kentucky 1-3-11 Yogurt natural sin azúcar y pan 1-2  865 Kcal/ 39.1 Gr/ 31.3 Prot/ 101.8 HC
29	30			
Patatas guisadas a la Toledana con pimientos y chorizo 2-8 Tortilla francesa con de queso 2-3 Fruta natural y pan 1 <i>Potatoes stewed in Toledan style with peppers and chorizo sausage French omelette with cheese Fresh fruit and bread 535 Kcal/ 21.8 Gr/ 13.8 Prot/ 66.8 HC</i>	Ollica Eldense 2-8 Filete de platija a la andaluza c/ verduritas 1-4 Fruta natural y pan 1 <i>Ollica Eldense Andalusian style flounder with vegetables Natural fruit and bread 737 Kcal/ 3.4 Gr/ 42.8 Prot/ 64.5 HC</i>		Las salsas de tomate utilizadas serán al natural y sin azúcares añadidos.	 Georgia S.G – Dpto. Nutrición