

LUNES/MONDAY

VIERNESFRIDAY

Tras las fiestas Navideñas, es momento de que los niños y niñas vuelvan a la rutina con energía renovada y ganas de empezar el año nuevo.



El menú diario se servirá con guarnición con ensalada compuesta por distintos ingredientes cada semana



Lentejas ecológicas estofadas con patata zanahoria y pimiento **1t**
 Pollo empanado con aceitunas **1**
 Fruta natural y pan blanco e integral **1**
Organic lentil stew with potato, carrot, and bell pepper
Breaded chicken with olives
Fresh fruit and white and whole-wheat bread
 697 Kcal/ 30.5 Gr/ 24.2 Prot/ 74.4 HC

Sopa de verduras con fideos ecológicos **1-3t-10**
 Cocido de garbanzos, pollo y verduras
 Fruta natural y pan blanco e integral **1**
Vegetables soup with organic noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and white and whole-wheat bread
 683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Patatas guisadas con verduras, cebolla y pimiento
 Pelota alicantina de ternera en salsa con zanahoria **1-3**
 Fruta natural y pan blanco e integral **1**
Stewed potatoes with vegetables, onion, and pepper
Alicante-style meatball in sauce with carrot
Fresh fruit and white and whole-wheat bread
 663 Kcal/ 25.5 Gr/ 19.2 Prot/ 80.4 HC

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Puré de judías verdes con patata y zanahoria
 Merluza PBO con salsa de verduras **4**
 Fruta natural y pan blanco e integral **1**
Green bean puree with potato and carrot
Hake with vegetable sauce
Fresh fruit and white and wholemeal bread
 564 Kcal/ 31.5 Gr/ 18.2 Prot/ 40.4 HC

Alubias blancas con arroz
 Tortilla de patata con menestra **3**
 Fruta natural y pan blanco e integral **1**
White beans with rice
Potato omelet with mixed vegetables
Fresh fruit and white and wholemeal bread
 776 Kcal/ 34.5 Gr/ 26.7 Prot/ 83.4 HC

Arroz caldoso de pescado **4-5t-6t**
 Pollo a la plancha con calabacín
 Fruta natural y pan blanco e integral **1**
Fish and rice stew
Grilled marinated chicken with zucchini Fresh
fruit and white and wholemeal bread
 667 Kcal/ 27.5 Gr/ 25.2 Prot/ 81.4 HC

Garbanzos ecológicos estofados con cous cous **1-8t-11t**
 Palometa con berenjena **4**
 Fruta natural y pan blanco e integral **1**
Organic chickpea stew with couscous
Pomfret with eggplant
Fresh fruit and white and wholemeal bread
 689 Kcal/ 21.5 Gr/ 35.2 Prot/ 92.4 HC

Macarrones integrales a la boloñesa de ternera con queso **1-2-3t**
 Muslitos de pollo con cebolla y pimiento verde
 Fruta natural y pan blanco e integral **1**
Wholemeal macaroni Bolognese with cheese
Chicken drumsticks with onion and green pepper
Fresh fruit and white and whole wheat bread
 736 Kcal/ 39.5 Gr/ 33.2 Prot/ 81.4 HC

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Puré de zanahoria con picatostes **1**
 Albóndigas búrguer meat de ternera a la jardinera
 Fruta natural y pan blanco e integral **1**
Carrot puree with croutons
Beef meat burgers with vegetables
Fresh fruit and white and whole-wheat bread
 694 Kcal/ 34.5 Gr/ 24.2 Prot/ 67.4 HC

Lentejas estofadas con hortalizas **1t**
 Salmón al horno con lechuga y tomate **4**
 Fruta natural y pan blanco e integral **1**
Lentil stew with vegetables
Baked salmon with lettuce and tomato
Fresh fruit and white and whole-wheat bread
 627 Kcal/ 30.5 Gr/ 27.2 Prot/ 53.4 HC

Ollica eldense (sin chorizo)
 Ragout de pollo en salsa
 Fruta natural y pan blanco e integral **1**
Ollica eldense (without chorizo)
Chicken ragout in sauce
Fresh fruit and white and whole wheat bread
 682 Kcal/ 25.5 Gr/ 31.2 Prot/ 85.4 HC

Alubias blancas con patata, tomate y zanahoria
 Tortilla de calabacín **3**
 Fruta natural y pan blanco e integral **1**
White beans with potato, tomato, and carrot
Zucchini omelet
Fresh fruit and white and whole wheat bread
 760 Kcal/ 33.5 Gr/ 24.2 Prot/ 85.4 HC

Caracolas (pasta) integrales con bechamel **1-2-3t**
 Merluza Orly con berenjena **1-3-4**
 Fruta natural y pan blanco e integral **1**
Wholemeal pasta shells with béchamel sauce
Orly hake with eggplant
Fresh fruit and white and whole wheat bread
 687 Kcal/ 28.5 Gr/ 28.2 Prot/ 73.4 HC

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Macarrones integrales con salsa de tomate **1-3t**
 Pollo a la plancha con champiñones
 Fruta natural y pan blanco e integral **1**
Wholemeal macaroni with tomato sauce
Grilled chicken with mushrooms
Fresh fruit and white and wholemeal bread
 658 Kcal/ 28.5 Gr/ 22.2 Prot/ 78.4 HC

Crema de calabacín con guisantes y calabaza
 Merluza al horno al estilo murciano **4**
 Fruta natural y pan blanco e integral **1**
Cream of zucchini soup with peas and pumpkin
Baked hake, Murcian style
Fresh fruit and white and wholemeal bread
 592 Kcal/ 33.5 Gr/ 19.2 Prot/ 48.4 HC

Sopa de verduras con fideos ecológicos **1-3t-10**
 Cocido de garbanzos, pollo y verduras
 Fruta natural y pan blanco e integral **1**
Vegetables soup with organic noodles
Chickpea, chicken, and vegetable stew
Fresh fruit and white and whole-wheat bread
 683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Arroz caldoso de fiambre de pavo y verduras **8**
 Caballa en aceite con patata vapor **4**
 Fruta natural y pan blanco e integral **1**
Rice stew with turkey ham and vegetables
Mackerel in oil with steamed potato
Fresh fruit and white and wholemeal bread
 769 Kcal/ 38.5 Gr/ 23.2 Prot/ 77.4 HC

Lentejas con verduras **1t**
 Pelota alicantina de ternera a la jardinera con tomate y cebolla **1-3**
 Fruta natural y pan blanco e integral **1**
Lentils with vegetables
Alicante-style meatball with tomato and onion
Fresh fruit and white and whole wheat bread
 668 Kcal/ 34.5 Gr/ 27.2 Prot/ 56.4 HC