

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**
Merluza a la andaluza con aceitunas **1-4**
Fruta natural y pan blanco e integral **1**
Organic lentil stew with potato, carrot, and bell pepper
Andalusian-style hake 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, queso fresco y verduras **2**
Fruta natural y pan blanco e integral **1**
Vegetable soup with organic noodles
Chickpea, fresh cheese, 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
Tortilla francesa con zanahoria **3**
Fruta natural y pan blanco e integral **1**
Stewed potatoes with vegetables, onion, and pepper
Fench omelette with carrot
Fresh fruit and white and whole-wheat bread
638 Kcal/ 27.1 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**
Abadejo a la plancha con calabacín **4**
Fruta natural y pan blanco e integral **1**
Fish and rice stew
Grilled pollock 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 con tomate, atún y queso **1-2-3t-4**
Huevos revueltos con cebolla y pimiento verde **3**
Fruta natural y pan blanco e integral **1**
Wholemeal macaroni with tomato, tuna and cheese
Scrambled eggs with onion and green pepper
Fresh fruit and white and whole wheat bread
696 Kcal/ 32.1 Gr/ 26.3 Prot/ 81.4 HC

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Puré de zanahoria con picatostes **1**
Albóndigas de bacalao a la jardinera **3-4**
Fruta natural y pan blanco e integral **1**
Carrot puree with croutons
Cod meatballs 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 de verduras
Ragout de pescado en salsa **4**
Fruta natural y pan blanco e integral **1**
Vegetables ollica
Fish ragout in sauce
Fresh fruit and white and whole wheat bread
661 Kcal/ 25.5 Gr/ 25.2 Prot/ 65.4 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 Olry con berenjena **1-3-4**
Fruta natural y pan blanco e integral **1**
Wholemeal pasta shells with béchamel sauce
Olry 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**
Tortilla francesa con champiñones **3**
Fruta natural y pan blanco e integral **1**
Wholemeal macaroni with tomato sauce
French omelette with mushrooms
Fresh fruit and white and wholemeal bread
651 Kcal/ 29.7 Gr/ 20.4 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, queso fresco y verduras **2**
Fruta natural y pan blanco e integral **1**
Vegetable soup with organic noodles
Chickpea, fresh cheese, and vegetable stew
Fresh fruit and white and whole-wheat bread
683 Kcal/ 24.5 Gr/ 24.2 Prot/ 86.4 HC

Arroz caldoso con verduras
Caballa en aceite con patata vapor **4**
Fruta natural y pan blanco e integral **1**
Soupy rice with 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**
Albóndigas de bacalao con tomate y cebolla **1-3**
Fruta natural y pan blanco e integral **1**
Lentils with vegetables
Cod meatball with tomato and onion
Fresh fruit and white and whole wheat bread
668 Kcal/ 34.5 Gr/ 27.2 Prot/ 56.4 HC