

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
<p>2</p> <p>Macarrones integrales con salsa de tomate 1-3t Lomo adobado con champiñones Fruta natural y pan blanco e integral 1</p> <p>Whole wheat pasta with tomato sauce Marinated pork loin with mushrooms Fresh fruit and whole wheat bread 705 Kcal/ 27.5 Gr/ 28.2 Prot/ 77.4 HC</p>	<p>3</p> <p>Garbanzos con verduras Merluza a la andaluza con patata vapor 1-4 Fruta natural y pan blanco e integral 1</p> <p>Chickpeas with vegetables Hake Andalusian style with steamed potatoes Fresh fruit and white and wholemeal bread 716 Kcal/ 33.5 Gr/ 31.2 Prot/ 65.4 HC</p>	<p>4</p> <p>Arroz con zanahoria, judías verdes, guisantes y espinacas Ragout de pollo con salsa toledana Fruta natural y pan blanco e integral 1</p> <p>Rice with carrots, green beans, peas, and spinach Chicken ragout with Toledo sauce Fresh fruit and white and whole-wheat bread 575 Kcal/ 22.5 Gr/ 24.2 Prot/ 59.4 HC</p>	<p>5</p> <p>Patatas estofadas con tomate y pimiento Abadejo al horno con zanahoria baby rehogada 4 Fruta natural y pan blanco e integral 1</p> <p>Stewed potatoes with tomato and pepper Baked pollock with sautéed baby carrots Fresh fruit and white and whole-wheat bread 654 Kcal/ 22.5 Gr/ 30.2 Prot/ 73.4 HC</p>	<p>6</p> <p>Sopa de cocido con estrellitas 1-3t-8t-11t Complemento de cocido con garbanzos, ternera, zanahoria patata y repollo Fruta natural y pan blanco e integral 1</p> <p>Stew soup with -shaped pasta Side dish with chickpeas, beef, carrot, potato, and cabbage Fresh fruit and white and whole-wheat bread 735 Kcal/ 24.5 Gr/ 23.2 Prot/ 93.4 HC</p>
<p>9</p> <p>Lentejas con verduras 1t Tortilla de calabacín con loncha de jamón 3 Fruta natural y pan blanco e integral 1</p> <p>Lentils with vegetables Zucchini omelet with a slice ham Fresh fruit and white and whole-wheat bread 651 Kcal/ 24.5 Gr/ 22.2 Prot/ 76.4 HC</p>	<p>10</p> <p>Puré de judías verdes rehogadas con jamón y patata hervida Pollo asado con verduritas Fruta natural y pan blanco e integral 1</p> <p>Stewed green beans with ham and potatoes with herbs Roast chicken with vegetables Fresh fruit and white and whole-wheat bread 552 Kcal/ 24.5 Gr/ 29.2 Prot/ 48.4 HC</p>	<p>11</p> <p>Fideuá con magro y verdura 1-3t-8t-11t Salmón al horno en salsa con quinoa 4 Fruta natural y pan blanco e integral 1</p> <p>Mixed fideuà with lean meat and vegetables Baked salmon in sauce with quinoa Fresh fruit and white and whole-wheat bread 907 Kcal/ 42.8 Gr/ 31.2 Prot/ 90.7 HC</p>	<p>12</p> <p>Sopa de picadillo con fideos integrales, jamón y huevo duro 1-3 Albóndigas mixtas con zanahoria y guisantes 8t Fruta natural y pan blanco e integral 1</p> <p>Minced meat soup with whole-wheat noodles, ham, and hard-boiled egg Mixed meatballs with carrots and peas Fresh fruit and white and whole-wheat bread 753 Kcal/ 35.5 Gr/ 23.2 Prot/ 74.4 HC</p>	<p>13</p> <p>Alubias ecológicas con zanahoria y cebolla Merluza a la andaluza con patata vapor 1-4 Fruta natural y pan blanco e integral 1</p> <p>Organic beans with carrot, and onion Andalusian-style hake with steamed potatoes Fresh fruit and white and whole-wheat bread 739 Kcal/ 38.5 Gr/ 34.2 Prot/ 59.4 HC</p>
<p>16</p> <p>Crema de verduras 10 Ragout de pollo en salsa con patata panadera Fruta natural y pan blanco e integral 1</p> <p>Vegetable cream Chicken ragout in sauce with roasted potatoes Fresh fruit and whole wheat bread 525 Kcal/ 21.5 Gr/ 19.2 Prot/ 56.4 HC</p>	<p>17</p> <p>DÍA DE LA COMUNIDAD DE MADRID Sopa de cocido madrileño con fideos integrales 1-3t Complemento de cocido madrileño con garbanzos, ternera, zanahoria, patata y repollo</p> <p>Fruta n. y pan blanco e integral 1</p> <p>735 Kcal/ 24.5 Gr/ 23.2 Prot/ 93.4 HC</p>	<p>18</p> <p>Arroz con tomate y jamón de york Caballa en aceite con calabacín 4 Fruta natural y pan blanco e integral 1</p> <p>Rice with tomato and ham Mackerel in oil with zucchini Fresh fruit and white and whole-wheat bread 903 Kcal/ 50.5 Gr/ 22.2 Prot/ 83.4 HC</p>	<p>19</p> <p>Puré de calabaza Chuleta de Sajonia con champiñón Fruta natural y pan blanco e integral 1</p> <p>Pumpkin puree Saxon pork chop with mushrooms Fresh fruit and white and whole-wheat bread 525 Kcal/ 23.5 Gr/ 17.2 Prot/ 53.4 HC</p>	<p>20</p> <p>Lentejas estofadas con verduras 1t Tortilla francesa con loncha de jamón 3 Fruta natural y pan blanco e integral 1</p> <p>Stewed lentils with vegetables French omelet with a slice of ham Fresh fruit and white and whole-wheat bread 730 Kcal/ 37.5 Gr/ 35.2 Prot/ 56.4 HC</p>
<p>23</p> <p>Crema de calabacín, calabaza y apio 10 Ventresca de merluza con zanahoria baby y patata asada 4 Fruta natural y pan blanco e integral 1</p> <p>Cream of zucchini, pumpkin and celery soup Hake belly with baby carrots and roasted potato Fresh fruit and whole-wheat bread 532 Kcal/ 21.5 Gr/ 18.2 Prot/ 59.4 HC</p>	<p>24</p> <p>Espeguetis integrales con bacon y tomate 1-3t Filete ruso con verduritas 1-3 Fruta natural y pan blanco e integral 1</p> <p>Whole wheat spaghetti with bacon and tomato Russian steak with vegetables Fresh fruit and white and whole-wheat bread 798 Kcal/ 38.5Gr/ 26.2 Prot/ 77.4 HC</p>	<p>25</p> <p>Judías blancas ecológicas con zanahoria y guisantes Tortilla de patata con loncha de jamón de york 3 Fruta natural y pan blanco e integral 1</p> <p>Organic white beans with carrots, and peas Potato omelet with a slice of ham Fresh fruit and white and whole-wheat bread 637 Kcal/ 27.5 Gr/ 18.2 Prot/ 64.4 HC</p>	<p>26</p> <p>Arroz caldoso con verduras Pollo asado a la cazadora Fruta natural y pan blanco e integral 1</p> <p>Soupy rice with vegetables Pollo asado a la cazadora Fresh fruit and white and whole-wheat bread 586 Kcal/ 22.5 Gr/ 31.2 Prot/ 59.4 HC</p>	<p>27</p> <p>Patatas estofadas con tomate y pimiento Tacos de caella 4 Fruta natural y pan blanco e integral 1</p> <p>Stewed potatoes with tomato and pepper Dogfish tacos Fresh fruit and white and whole-wheat bread 620 Kcal/ 32.5 Gr/ 30.2 Prot/ 70.4 HC</p>
<p>El menú diario se servirá con guarnición con ensalada compuesta por distintos ingredientes cada semana</p>	<p>¡Queridos amigos!</p> <p>Vamos a conocer la gastronomía de nuestro país. Cada mes descubriremos una comunidad diferente.</p> <p>¡Esperemos que sea de vuestro agrado!</p>			