

LUNES/MONDAY

MARTES/TUESDAY

MIÉRCOLES/WEDNESDAY

JUEVES/THURSDAY

VIERNES/FRIDAY

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Después de las fiestas navideñas, es momento de retomar la rutina con energía renovada y nuevos propósitos para el año que comienza



GSG - Dpto. Nutrición

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**Ollica Eldense 2-8**  
Merluza al horno con tomate 4  
Fruta natural y pan 1

*Ollica Eldense*  
Baked hake with tomato sauce  
Fresh fruit and bread

665 Kcal/ 28.3 Gr/ 32.1 Prot/ 72.8 HC

**Pure de calabaza con picatostes 1**  
Albóndigas en salsa con patata al horno 8  
Fruta natural y pan 1

*Pumpkin purée with croutons*  
Meatballs in sauce with baked potato  
Fresh fruit and bread

654 Kcal/ 36.7 Gr/ 21 Prot/ 58.3 HC

**Sopa de ave con fideos ecológicos 1**  
Cocido con garbanzos, pollo y verduras  
Fruta natural y pan 1

*Chicken soup with organic noodles*  
Stew with chickpeas, chicken, and vegetables  
Fresh fruit and bread

715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC

**Arroz con salsa de tomate**  
Abadejo PBO con verduras salteadas 4  
Fruta natural y pan 1

*Rice with tomato sauce.*  
PBO cod with sautéed vegetables  
Fresh fruit and bread

647 Kcal/ 26.9 Gr/ 27.4 Prot/ 70.9 HC

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**Macarrones con tomate y queso 1-2**  
Lomo adobado con calabacín  
Fruta natural y pan 1

*Macaroni with tomato and cheese*  
Marinated pork loin with zucchini  
Fresh fruit and bread

629 Kcal/ 24.5 Gr/ 27.3 Prot/ 63.1 HC

**Judías pintas con arroz**  
Merluza a la andaluza con patata vapor 1-4  
Fruta natural y pan 1

*Pinto beans with rice*  
Andalusian-style hake with steamed potatoes  
Fresh fruit and bread

635 Kcal/ 25 Gr/ 30.5 Prot/ 70.4 HC

**Arroz con verduras, zanahoria, judías verdes, guisantes y espinacas**  
Ragout de pollo en salsa  
Fruta natural y pan 1

*Rice with vegetables, carrot, green beans, peas, and spinach*  
Chicken ragout in sauce  
Fresh fruit and bread

680 Kcal/ 27.9 Gr/ 29.8 Prot/ 65.4 HC

**Puré de verduras**  
Palometa con berenjena 4  
Fruta natural y pan 1

*Vegetable purée*  
Dorado with eggplant  
Fresh fruit and bread

575 Kcal/ 32.5 Gr/ 14.4 Prot/ 54.2 HC

**Judías verdes con patata y zanahoria**  
Albóndigas a la jardinera con pimiento, tomate y cebolla 8  
Fruta natural y pan 1

*Green beans with potato and carrot*  
Alicante-style meatball with bell pepper, tomato, and onion  
Fresh fruit and bread

601 Kcal/ 35.6 Gr/ 20.9 Prot/ 45.1 HC

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**Arroz ecológico con guisantes y jamón cocido**  
Filete ruso con patata y tomate 1  
Fruta natural y pan 1

*Organic three with peas and cooked ham*  
Russian steak with potato and tomato  
Fresh fruit and bread

730 Kcal/ 26.8 Gr/ 38.3 Prot/ 82.9 HC

**Lentejas con patatas y chorizo 1t-2-8**  
Merluza al horno con calabacín 4  
Fruta natural y pan 1

*Lentils with potatoes and chorizo*  
Baked hake with zucchini  
Fresh fruit and bread

645 Kcal/ 27.7 Gr/ 25.4 Prot/ 60.6 HC

**Fideua mixta con pollo y judías verdes 1-4-5-6**  
Caballa en aceite con berenjena 4  
Fruta natural y pan 1

*Mixed fideua with chicken and green beans*  
Mackerel in oil with eggplant  
Fresh fruit and bread

739 Kcal/ 35.3 Gr/ 30.9 Prot/ 80.9 HC

**Alubias blancas ecológicas con puerro, zanahoria y patata**  
Salmón al horno con zanahoria baby rehogada 4  
Yogurt y pan 1-2

*Organic white beans with leek, carrot, and potato*  
Baked salmon with sautéed baby carrots  
Yogurt and bread

659 Kcal/ 29.4 Gr/ 37.6 Prot/ 60.5 HC

**Macarrones con salsa de tomate 1**  
Estofado de pollo con zanahoria y guisantes  
Fruta natural y pan 1

*Macaroni with tomato sauce*  
Chicken stew with carrot and peas  
Fresh fruit and bread

690 Kcal/ 33 Gr/ 32.8 Prot/ 63.5 HC

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**Puré de zanahoria con picatostes 1**  
Merluza al horno en salsa verde 4  
Fruta natural y pan 1

*Carrot purée with croutons*  
Baked hake in green sauce  
Fresh fruit and bread

627 Kcal/ 35.1 Gr/ 20.6 Prot/ 55.5 HC

**Crema de calabacín**  
Chuleta de Sajonia con champiñón  
Fruta natural y pan 1

*Zucchini cream soup*  
Saxony chop with mushrooms.  
Fresh fruit and bread

612 Kcal/ 23.4 Gr/ 22.4 Prot/ 86.4 HC

**Estofado de lentejas con chorizo 1t-2-8**  
Contramuslo de pollo con patata al horno  
Fruta natural y pan 1

*Lentil stew with chorizo*  
Chicken thigh with baked potato  
Fresh fruit and bread

600 Kcal/ 22.5 Gr/ 31.8 Prot/ 61.6 HC

**Arroz caldoso de pavo y verduras**  
Palometa al horno calabacín 4  
Fruta natural y pan 1

*Turkey and vegetable broth rice*  
Baked dorado with zucchini  
Fresh fruit and bread

679 Kcal/ 25.6 Gr/ 26.6 Prot/ 88.2 HC

**Sopa de ave con fideos ecológicos 1**  
Complemento de cocido con garbanzos, carne y verduras  
Fruta natural y pan 1

*Chicken soup with organic noodles*  
Cocido complement with chickpeas, meat, and vegetables  
Fresh fruit and bread

715 Kcal/ 26.2 Gr/ 26 Prot/ 92.2 HC