

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 cocido con fideos ecológicos 1-3t
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1
Stew 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
Albóndigas de ternera en salsa con zanahoria
Fruta natural y pan blanco e integral 1
Stewed potatoes with vegetables, onion, and pepper
Beef 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 y magro
Filete de pavo con menestra
Fruta natural y pan blanco e integral 1
White beans with rice and lean meat
Turkey filet with mixed vegetables
Fresh fruit and white and wholemeal bread
 676 Kcal/ 29.5 Gr/ 28.7 Prot/ 83.4 HC

Arroz caldoso de pescado 4-5t-6t
Lomo adobado a la plancha con calabacín
Fruta natural y pan blanco e integral 1
Fish and rice stew
Grilled marinated pork loin 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 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 búrger meat mixtas a la jardinera 8-13
Fruta natural y pan blanco e integral 1
Carrot puree with croutons
Mixed 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 2-8
Ragout de pollo en salsa
Fruta natural y pan blanco e integral 1
Ollica eldense
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, chorizo, tomate y zanahoria 2-8
Cinta de lomo con calabacín
Fruta natural y pan blanco e integral 1
White beans with potato, chorizo, tomato, and carrot
Grilled chicken with zucchini
Fresh fruit and white and whole wheat bread
 670 Kcal/ 29.5 Gr/ 28.7 Prot/ 80.4 HC

Caracolas (pasta) integrales con bechamel 1-2-3t
Merluza al horno con berenjena 4
Fruta natural y pan blanco e integral 1
Wholemeal pasta shells with béchamel sauce
Baked 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
Cinta de lomo a la plancha con champiñones
Fruta natural y pan blanco e integral 1
Wholemeal macaroni with tomato sauce
Grilled pork loin 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 cocido con fideos ecológicos 1-3t
Cocido de garbanzos, pollo y verduras
Fruta natural y pan blanco e integral 1
Stew 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
Albóndigas de ternera a la jardinera con tomate y cebolla
Fruta natural y pan blanco e integral 1
Lentils with vegetables
Beef meatball with tomato and onion
Fresh fruit and white and whole wheat bread
 668 Kcal/ 34.5 Gr/ 27.2 Prot/ 56.4 HC