

LUNES/MONDAY	MARTES/TUESDAY	MIÉRCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
2	3	4	5	6
Macarrones integrales con salsa de tomate y queso 1-2-3t Lomo adobado con champiñones Fruta natural y pan blanco e integral 1 Whole wheat pasta with tomato sauce and cheese Marinated pork loin with mushrooms Fresh fruit and whole wheat bread 705 Kcal/ 27.5 Gr/ 28.2 Prot/ 77.4 HC	Garbanzos con verduras Merluza a la andaluza con patata vapor 1-4 Fruta natural y pan blanco e integral 1 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	Arroz con zanahoria, judías verdes, guisantes y espinacas Ragout de pollo con salsa toledana Fruta natural y pan blanco e integral 1 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	Patatas a la riojana con tomate y pimiento 2-8 Abadejo al horno con zanahoria baby rehogada 4 Fruta natural y pan blanco e integral 1 Rioja-style potatoes with tomato and pepper Baked pollock with sautéed baby carrots Fresh fruit and white and whole-wheat bread 683 Kcal/ 26.5 Gr/ 32.2 Prot/ 73.4 HC	Sopa de cocido con estrellitas 1-3t-8t-11t Complemento de cocido con garbanzos, ternera, chorizo, zanahoria patata y repollo 2-8 Fruta natural y pan blanco e integral 1 Stew soup with -shaped pasta Side dish with chickpeas, beef, chorizo, carrot, potato, and cabbage Fresh fruit and white and whole-wheat bread 792 Kcal/ 30.5 Gr/ 28.2 Prot/ 93.4 HC
9	10	11	12	13
Lentejas con verduras y chorizo 1t-2-8 Tortilla de calabacín con loncha de queso 2-3 Fruta natural y pan blanco e integral 1 Lentils with vegetables and chorizo Zucchini omelet with a slice of cheese Fresh fruit and white and whole-wheat bread 708 Kcal/ 30.5 Gr/ 26.2 Prot/ 77.4 HC	Puré de judías verdes rehogadas con jamón y patata hervida Pollo asado con verduritas Fruta natural y pan blanco e integral 1 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	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 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	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 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	Alubias ecológicas con chorizo, zanahoria y cebolla 2-8 Merluza a la andaluza con patata vapor 1-4 Fruta natural y pan blanco e integral 1 Organic beans with chorizo, 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
16	17	18	19	20
Crema de verduras 10 Ragout de pollo en salsa con patata panadera Fruta natural y pan blanco e integral 1 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	DÍA DE LA COMUNIDAD DE MADRID Sopa de cocido madrileño con fideos integrales 1-3t Complemento de cocido madrileño con garbanzos, ternera, chorizo, zanahoria, patata y repollo 2-8 Fruta n. y pan blanco e integral 1   792 Kcal/ 30.5 Gr/ 28.2 Prot/ 93.4 HC	Arroz con tomate y jamón de york Caballa en aceite con calabacín 4 Fruta natural y pan blanco e integral 1 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	Puré de calabaza Chuleta de Sajonia con champiñón Fruta natural y pan blanco e integral 1 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	Lentejas a la castellana con chorizo, magro y verduras 1t-2-8 Tortilla francesa con jamón de york 3 Fruta natural y pan blanco e integral 1 Castilian-style lentils with chorizo, lean pork, and vegetables French omelet with ham Fresh fruit and white and whole-wheat bread 730 Kcal/ 37.5 Gr/ 35.2 Prot/ 56.4 HC
23	24	25	26	27
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 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	Espeguetis integrales con bacon y tomate 1-3t Filete ruso con verduritas 1-3 Fruta natural y pan blanco e integral 1 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	Judías blancas ecológicas con chorizo, zanahoria y guisantes 2-8 Tortilla de patata con loncha de jamón de york 3 Fruta natural y pan blanco e integral 1 Organic white beans with chorizo, carrots, and peas Potato omelet with a slice of ham Fresh fruit and white and whole-wheat bread 673 Kcal/ 32.5 Gr/ 31.2 Prot/ 55.4 HC	Arroz caldoso con verduras Pollo asado a la cazadora Fruta natural y pan blanco e integral 1 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	Patatas a la riojana con tomate y pimiento 2-8 Tacos de caella con loncha de queso 2-4 Fruta natural y pan blanco e integral 1 Rioja-style potatoes with tomato and pepper Dogfish tacos with a slice of cheese Fresh fruit and white and whole-wheat bread 720 Kcal/ 32.5 Gr/ 30.2 Prot/ 70.4 HC
El menú diario se servirá con guarnición con ensalada compuesta por distintos ingredientes cada semana 				
¡Queridos amigos! Vamos a conocer la gastronomía de nuestro país. Cada mes descubriremos una comunidad diferente. ¡Esperemos que sea de vuestro agrado!				
  Giorgia S.G - Dpto. Nutrición				