

LUNES



Martes



Miércoles



JUEVES



Viernes



1

NO LECTIVO

2

601 Kcal 18,48 Gr 21,13Prot73,83 HC

3

560 Kcal 19,20Gr 27,65 Prot65,99 HC

4

592 Kcal 38,24 Gr 25,16Prot 34,99HC

7

743 Kcal 59,48 Gr 24,54 Prot56,66 HC

Arroz con tomate y huevo Rice with tomato sauce and egg 3
Caballa en aceite con champiñón Mackerel in oil with mushrooms 4
Fruta natural Fruit
Pan Bread 1

14

442 Kcal 13,73 Gr 16,55 Prot60,18 HC

Crema de calabacín, puerro, apio y picatostes Vegetables cream with croutons 1
Lomo al horno c/patatas al vapor Pork loin with steam potatoes
Fruta natural Fruit
Pan Bread 1

21

457 Kcal 21,68 Gr 14,00 Prot50,43 HC

Lentejas estofadas c/verduras Lentil stew with vegetables
Salchichas frescas con pimientos Sausage with peppers
Fruta natural Fruit
Pan Bread 1

28

653 Kcal 23,49 Gr 25,46 Prot77,54 HC

Crema de calabacín y guisantes con picatostes Cream of vegetables with croutons 1
Hamburguesa c/lechuga,tomate y cebolla Burger with salad
Fruta natural Fruit
Pan Bread 1

8

749 Kcal 30,24 Gr 33,41 Prot82,87 HC

Sopa de cocido con fideos Soup with pasta 1-3T
Pelota alicantina Alicantina ball,
Fruta natural Fruit
Pan Bread 1

15

593 Kcal 32,72 Gr 26,23 Prot 48,33 HC

Estofado de lentejas c/zanahoria y patata Lentil stew with vegetables
Merluza en salsa marinera Hake in marinara sauce 4
Fruta natural Fruit
Pan Bread 1

22

697 Kcal 67,71 Gr 24,95 Prot 32,31 HC

Espaguetis a la carbonara Whole Grain Macaroni Carbonara 1-2-3T
Caballa en aceite con patatas al horno Mackerel in oil with potatoes 4
Fruta natural Fruit
Pan Bread 1

29

633 Kcal 23,48 Gr 15,23 Prot77,89 HC

Macarrones c/legumbres,chorizo,cardo y zanahoria Pasta with chorizo%vegetables 1-3T
Revuelto de huevo con bacón Scrambled egg with bacon 3
Fruta natural Fruit
Pan Bread 1

9

629 Kcal 11,32 Gr 10,47Prot 65,12HC

Puré de verduras con picatostes Cream of vegetables
Pollo al ajillo con patatas al horno Garlic chicken with potatoes
Fruta natural Fruit
Pan Bread 1

16

823 Kcal 36,63 Gr 25,59Prot84,42 HC

Macarrones con tomate y bacón Pasta with tomato and bacon 1-3T
Albóndigas con patatas al horno Meatballs with potatoes 8
Fruta natural Fruit
Pan Bread 1

23

634 Kcal 27,10 Gr 30,95Prot60,01 HC

Crema de calabacín y puerro con picatostes Cream of vegetables with croutons 1
F. de pollo en salsa c/pimientos y tomate Chicken in sauce&peppers and tomato
Fruta natural Fruit
Pan Bread 1

30

608 Kcal 22,84 Gr 20,88Prot 79,88 HC

Fideua de pollo y verduras Fideuá with chicken and vegetables 1-3T
Chuleta de sajonia con patatas al horno Baked saxony with potatoes
Fruta natural Fruit
Pan Bread 1

10

653 Kcal 29,21Gr 21,58 Prot71,19 HC

Judías pintas con arroz Beans stewed with rice
Bacalao con tomate Cod fillet with tomato 1-4
Fruta natural Fruit
Pan Bread 1

17

541 Kcal 23,36Gr 20,76 Prot62,40 HC

Fabada Asturiana c/chorizo,morcilla y lacón Bean w/ chorizo, blackpudding&pork
Tortilla de patata y calabacín Zucchini omelette 3
Fruta natural Fruit
Pan Bread 1

24

749 Kcal 30,24Gr 33,41 Prot82,87 HC

Sopa de cocido con fideos ecológicos Soup with organic pasta 1-3T
Garbanzos,chorizo,ternera,patata y zanahoria chickpeas, chorizo, beef, potato and carrot
Fruta natural Fruit
Pan Bread 1

11

764 Kcal 39,46 Gr 28,90Prot 70,52HC

Macarrones integrales carbonara Whole Grain Macaroni Carbonara 1-2-3T
Merluza con berenjenas en salsa Fish fillet in sauce with aubergines 4
Fruta natural Fruit
Pan Bread 1

18

633 Kcal 30,13 Gr 12,39Prot 72,89HC

Paella con magro y verduras Paella with vegetables and chicken
Ventresca de merluza con menestra Fish fillet with vegetables 13
Fruta natural Fruit
Pan Bread 1

25

648 Kcal 39,62 Gr 26,19Prot 45,16HC

Estofado a la Riojana Stewed potatoes with meat
Merluza al horno con pisto Hake with vegetables 4
Fruta natural Fruit
Pan Bread 1

ALÉRGICOS (T-Trazas): 1-Gluten 2-Leche 3-Huevo 4-Pescado 5-Crustáceos 6-Moluscos 7-Cacahuete 8-Soja 9-Frutos Secos 10-Apio 11-Mostaza 12-Sesamo 13-Sulfitos 14-Altramuces

